

FORTNIGHTLY WOMEN'S PSYCHOTHERAPY GROUP

Monday Evenings 4-6pm

Facilitated by **Anne Pettit and Gillian Downie**

The mix of people in a group highlights similarities and differences and can bring into sharp focus your attitudes, beliefs and ways of relating. "How we relate" is a major feature of group work from the first meeting point and as relationships develop over time. We will see how you enhance or stop yourself forming satisfying relationships, how you cover or reveal yourself, how you keep distant or allow yourself to trust and be intimate. Your experience within a group will often reflect your outside life, both past and present, such as family, school and work. As this emerges you can explore the roots of your experience and experiment with new ways of being.

The groups' aim is to understand our ways of communicating with others in a safe and contained atmosphere. On-going groups create an environment for grounded internal change, and the ability to come to terms with yourself and how you are in the world. Groups can be a place to support, challenge and inspire each other into new awareness and opportunities for change.

DATES: Mondays 4-6pm

10th & 24th October; 7th & 21st November; 5th & 19th December 2016

The group takes place at Gestalt Centre Wales, Chepstow

The group will be a maximum of 10 women

Participants can be in individual therapy

Cost: £24 per session

CONTACT Anne on 07863 976 833 or Gillian on 07855 140 713

Gestalt Centre Wales

Womens Fortnightly Monday Evening Psychotherapy Group
with Anne Pettit and Gillian Downie

BOOKING FORM

If you would like to attend these sessions please print and complete this booking form and then return it with your payment (single or block payment) to Gestalt Centre Wales, 10 Hocker Hill Street, Chepstow, NP16 5ER

Name -----

Address -----

Contact Numbers -----

Email -----

Occupation -----

Payment Enc. (Cheques payable to 'A. Pettit') £-----

Signed ----- Dated -----

We abide by a STRICT code of confidentiality. Your details will NOT BE passed to any third party.

DATE Mondays 10th / 24th October; 7th / 21st November; 5th / 19th December 2016

VENUE Gestalt Centre Wales, 10 Hocker Hill Street, Chepstow, NP16 5ER

TIMINGS Arrive from 3.30pm for a 4.00 prompt start, finishing at 6.00pm

COST £24.00 per session

BOOKING Please contact **Anne** at gestaltcentrewales@gmail.com or by post at the above address or mob: **07863976833** or **Gillian** mob: **07855 140 713**

CANCELLATIONS No cancellations or transfers.

Refreshments (including alternative teas) available