

12 Week Women's Relational Growth Group Therapy

12 Tuesday evenings @ 6-7:30pm

August 16 - November 1, 2016



Photo by Levi Brown (Instyle Magazine, Jan 2016)

What: Women's Relational Growth Group

**When: 12 weeks: Tuesdays @ 6-7:30pm
August 16th to November 1st, 2016**

Where: 1100 Sanchez Street,
San Francisco, CA 94114

Affiliated with

Christian Psychotherapy Services

(More Details on back)

Enrolling Now! Email or Call:

Colleen.mft@gmail.com 415-763-8072

Fee: \$50 per session (\$600 total) \$300 due at first group, remainder due at 5th group (9/20). 30min. initial interview included.

Group Facilitated by:

Colleen Lam Nguyen

Licensed Marriage & Family Therapist #93375

What Should I Expect?

Group therapy involves a therapist who leads a group of roughly five to 10 clients. Typically, groups meet for an hour and a half each week. Some people attend individual therapy in addition to groups, while others participate in groups only.

Many groups are designed to target a specific problem, **This group will focus on improving relational health/growth for women, helping women deal with a range of issues such as difficulty with family members/mother/father, significant others, co-workers, and friends and/or general personal emotional growth concerns.**

Benefits of Group Therapy

Joining a group of strangers may sound intimidating at first, but group therapy provides benefits that individual therapy may not. Therapists say, in fact, that group members are almost always surprised by how rewarding the group experience can be.

Groups can act as a support network and a sounding board. Other members of the group often help you come up with specific ideas for improving a difficult situation or life challenge, and hold you accountable along the way.

Regularly talking and listening to others also helps you put your own problems in perspective. Many people experience emotional health difficulties, but few speak openly about them to people they don't know well. Oftentimes, you may feel like you are the only one struggling – but you're not. It can be a relief to hear others discuss what they're going through, and realize you're not alone.

More Than Support

While group members are a valuable source of support, formal group therapy sessions offer benefits beyond informal self-help and support groups. Group therapy sessions are led by a therapist with specialized training, who teach group members proven strategies for managing specific problems. That expert guidance can help you make the most of your group therapy experience.

Is group therapy enough?

Many people find it's helpful to participate in both group therapy and individual psychotherapy. Participating in both types of psychotherapy can boost your chances of making valuable, lasting changes. If you've been involved in individual psychotherapy and your progress has stalled, joining a group may jump-start your personal growth.

How much should I share?

Confidentiality is an important part of the ground rules for group therapy. However, there's no absolute guarantee of privacy when sharing with others, so use common sense when divulging personal information. That said, remember that you're not the only one sharing your personal story. Groups work best where there is open and honest communication between members.

Group members will start out as strangers, but in a short amount of time, you'll most likely view them as a valuable and trusted source of support.

**adopted from <http://www.apa.org/helpcenter/group-therapy.aspx> Ben Johnson, PhD*