

Gestalt/Yalom Relational Group Process

If you stop and think about it, each of us have been raised in group environments, either through families, schools, groups of friends, organised activities or work. These are the environments in which we grow and develop as human beings.

Group process is similar in that it provides a place where you can come together with others to share problems or concerns.

Group process is a unique form of therapy in which a small number of people regularly meet together, under the guidance of professionally trained therapists, to help themselves and one another.

It differs in allowing you to experiment with different ways of relating to others, to deepen your understanding of your own life and to learn from and with each other.

Group process helps people learn about themselves and improve their interpersonal relationships. The group therapy setting often proves to be more effective than individual therapy.

You will be supported and encouraged to express difficulties in your life, feelings, thoughts and reactions as freely and honestly as possible.

"We have found that group process deepens personal development and encourages the individual to discover the blocks that prevent them from living a more fulfilling life." - John

"When people come together and share their life's struggles a kind of magic can occur in the group that transforms each group member. This magic endures long beyond the life of the group itself." - Declan

PLACE:	Affinity Psychotherapy & Counselling Services Level 7, Easts Tower, 9-13 Bronte Rd, Bondi Junction.
DATE:	Fortnightly on Mondays, commencing Mon 27 th Feb 2012
TIME:	6:30pm – 8:30pm
COST:	\$70 per person
CONTACT:	John Gordon 0418 225 347 Declan Brady 0405 272 862
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John Gordon

A qualified psychotherapist & counsellor, John brings a wealth of life experience in supporting others to grow. He has been a corporate leader and understands the complexities of the human spirit living in urban societies. He conducts seminars in psychological growth, healing, dream-work, intuition, creativity and spirituality. He is a trained and accredited group facilitator and is a graduate member of GANZ. A father of four children, he works in private practice and at rehabilitation services

Declan Brady

A qualified psychotherapist & counsellor, Declan has a deep interest in personal development and supporting others to grow. He has been a corporate leader in the corporate world. His deep knowledge and experience in meditational practice gives him a strong and steady presence to support the therapeutic process. He is a trained and accredited group facilitator, a primary trainer at Terrigal Gestalt Institute and is a member of GANZ. A parent to two children, he works in private practice and at rehabilitation services