

# Helping Professions Therapy Group

Skills for your Work Life

## Self-Awareness Model

This is an interpersonal group for early career Helping Professionals (e.g. teachers, nurses, doctors, nonprofits, occupational/physical therapists, counselors). The group will focus on direct communication, self-expression, healthy boundaries, and group-as-a-whole dynamics.

- Develop a systems perspective that enriches work with individuals, couples, and communities
- Bring more personal engagement to your professional role
- Enhance clinical skills naturally by experiencing group dynamics alongside peers
- Gain hours toward graduate program therapy requirements

Group starts this Spring. Space available.

Facilitator: Melinda Douglass, Psy.D.  
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Certified Group Psychotherapist,  
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Group Psychotherapists



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*Group starts this Spring – Space Available*



*Healing Arts Building | Lower Pacific Heights  
1801 Bush Street (cross Octavia)  
San Francisco, CA 94109*

# Helping Professions Therapy Group

Support for your Personal Life

*Group therapy is a method demonstrated to increase self-awareness. The group serves as a microcosm for the world outside, allowing feelings to develop and be worked through in real-time.*

- Understand vulnerability and respond with connection
- Become aware of your feelings & ways of relating
- Express and listen with honesty and compassion
- Share and explore perceptions that are not talked about in professional conversation
- Take risks in a place designed to support spontaneity and aliveness

This early career Helping Professionals group will focus on direct communication, self-expression, healthy boundaries, and group-as-a-whole dynamics. Group therapy provides a private forum that is free from pressure to maintain a professional role (as in supervision or training environments).

We will explore the unique stresses of feeling responsible for others at an early point in your career before having the benefit of extensive experience. Concerns include anxiety about effectiveness, compassion fatigue, and boundaries as well as sustaining a personal sense of self and life goals.

These common stresses will be explored by understanding feelings, interpersonal patterns, and assumed roles in the context of a supportive group. This group will meet weekly for an hour and twenty minutes and requires insight, a four month commitment, and freedom from acute crisis.

Time: Thursdays

6:15 pm to 7:40 pm

Fee: \$70/session

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“Exploring the world inside each of us awakens aspects of being human that are often obscured by the roles we take on.”

- Melinda Douglass