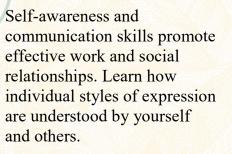
Co-Ed Interpersonal Group

Gain Skills for your Personal & Work Life

Self-Awareness Model



Co-Ed Interpersonal Group in San Francisco, CA



This group focuses on direct communication, self-expression, healthy boundaries, feelings, and interpersonal awareness to help you stay on target.

And group provides a dynamic environment in which to recognize and avoid patterns of self-defeating behavior that get in your way.

Facilitator: Melinda Douglass, Psy.D.Licensed PsychologistPhone:(415) 215-4796Email:DouglassPsyD@gmail.comWeb:www.drmelindadouglass.com

Certified Group Psychotherapist, The International Board for Certification of Group Psychotherapists

f Facebook.com/DouglassPsyD

Twitter.com/MelindaDouglass



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

This 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 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

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Gain Skills for your Personal & Work Life

Are you too much of a "people pleaser?" Do you find that you bottle up your anger or explode? Is it difficult to ask someone else about his/her feelings or to express your own? Maybe you find yourself hanging back or feeling pressured to entertain others.

Group can help you find your authentic voice express and listen with honesty and compassion say things and explore perceptions that do not get talked about in social conversation. Learn to take risks in a place designed to support spontaneity and aliveness.

This co-ed, facilitated interpersonal group provides a rich, stimulating environment — with multiple perspectives and interaction styles — that allows members to explore and practice relationship and social skills.

Time: 6:15-7:40 pm Thursdays Fee: \$70/session Phone:(415) 215-4796 Email:DouglassPsyD@gmail.com



"Exploring the world inside each of us awakens aspects of being human that are often obscured by the roles we take on." - Melinda Douglass