

# Co-Ed Interpersonal Group

Gain Skills for your Personal & Work Life

## Self-Awareness Model

Self-awareness and communication skills promote effective work and social relationships. Learn how individual styles of expression are understood by yourself and others.


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 Psychologist  
Phone: (415) 215-4796  
Email: [DouglassPsyD@gmail.com](mailto:DouglassPsyD@gmail.com)  
Web: [www.drmelindadouglass.com](http://www.drmelindadouglass.com)

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

 Facebook.com/DouglassPsyD

 Twitter.com/MelindaDouglass



*Co-Ed Interpersonal Group in San Francisco, CA*



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

## Co-Ed Interpersonal Group

Gain Skills for your Personal & Work Life

*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

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](mailto: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