



## Applications are now open

### Why join a therapy group?

Group therapy provides a rich environment in which to learn about yourself and develop new ways of relating to others. It differs from individual therapy by providing the opportunity to interact with a range of personalities in a safe environment, in which exploration of the impact we have on others and how others impact on us is encouraged.

If you would like to develop greater confidence in group settings or are interested in developing your self-awareness in relationships, group therapy is an excellent space in which to do this work.

### Approach:

This will be a relational therapy group, grounded in Transactional Analysis psychotherapy and Person-Centered Humanistic counselling practices. Participants will be encouraged to explore their individual experiences while part of the group as well as the interactions they are having with others.

### Details:

Sessions will be held in a group therapy space near the corner of Victoria and Willeston Streets in central Wellington. Further information will be provided for participants.

The group will run for ten weeks. Sessions will be from 3:30pm-5:00pm on consecutive Friday afternoons, starting on the 3<sup>rd</sup> September 2021. Participants will be willing to commit to the full 10 weeks.

The cost for the full group process of ten 90-minute sessions is \$500.

*Spaces are strictly limited. To apply, please complete the introductory questionnaire: [click here](#).*

*Alternatively, enter this web address into your search engine: <https://tinyurl.com/s5rwwx5w>*

### Co-leaders: Sally Crozier & Russell Vant

We are experienced counsellors working in private practice in Wellington, who have known each other for five and a half years. We are both currently furthering our training and working towards registration as psychotherapists.