

# Interpersonal Process 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.

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

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*Online Process Group in California*



*via Live video sessions*



## Adult Process 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.*

- Cultivate emotional intimacy
- Become more comfortable in your own skin
- Be authentic in relationship
- Become aware of your feelings & ways of relating
- Change patterns that don't work

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

Time: 6:15-7:45 pm Mondays

Fee: \$90/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