

Analytic Therapy Group

This group may be helpful if you are:

- ❖ Wanting to understand how past experiences influence you in the present
- ❖ Experiencing difficulties with relationships
- ❖ Stuck in patterns that make you unhappy
- ❖ Lacking in self-confidence or self-esteem
- ❖ Experiencing low mood or anxiety
- ❖ Finding groups difficult
- ❖ Feeling overwhelmed by your work/life balance

This group is facilitated by Debra Nash, a Psychotherapist and Group Analyst with over 20 years of experience in working with and running groups in a variety of settings. She is a Member of the Institute of Group Analysis and accredited by the UKCP.

Central Shrewsbury

6.00pm - 7.30pm
Thursdays



If you are interested, you may have some anxieties or queries about joining a group. That's natural. You won't be put straight into a group but have at least two or three individual sessions with me to consider whether group therapy is right for you.

Cost: £60-£130 per month, depending on circumstances

For further information contact Debra on:

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What is Group Analytic Therapy?

Group analytic therapy provides a setting in which up to eight people meet regularly, with a facilitator, to work through the process of personal change.

Groups meet weekly for an hour and a half with a group 'conductor'. Because it is the group experience that provides the therapy, each member's development and progress is enhanced by the presence of others. This has the additional bonus of being more affordable than individual therapy.

It is expected that group members commit to a minimum of one year. As members leave, new members join. The therapist will help to ensure a balanced group through a process of assessment before people join.

Group Therapy can provoke some anxiety initially; this is natural. But most of the time group members go on to experience the group as both a supportive and enlightening place. As time goes on, a group matures into a thoughtful and containing space of exploration.

Why join an analytic therapy group?

In joining a group you are giving yourself some time and space to talk about your experiences in a supportive environment.

Much of the distress we feel comes from the way we have learned, through life, to relate to others. Human beings have always lived in families and social groups and analytic groups provide an ideal setting in which these problems can be explored. The group enables its members to better understand their own patterns of thought and behaviour.

Members are encouraged to question, explore and re-examine their thoughts and experiences. An analytic therapy group pays attention to unconscious processes as well as our conscious mind. The group also provides an opportunity to experience and to observe new relationships in a controlled and safe setting. Through this we can come to an understanding of how past patterns of behaviour affect current relationships and take the opportunity to explore different ways of being. A group can help members to feel less alone with their symptoms and feel worthwhile to others.

Who is it for?

Group therapy works for a range of difficulties and life situations. Typical problems for which a group might be recommended are: anxiety, stress, low self-esteem, problems with relationships. It may also be helpful to those who suffer from the effects of loss or childhood trauma. Group therapy is also concerned with uncovering undeveloped hopes, wishes and creativity.

