

# 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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