

Therapeutic Group “At the Riverside”

PRESENTATION BY DR. TANIA LEIGH

Tuesday 3rd October 2015 2:00 – 3:30 pm

Riverside Wellbeing Centre, 1 Market Street Whaley Bridge High Peak SK23 7AA

As a Gestalt Therapist Tania works with an emphasis on awareness, relationship and integration to facilitate the development of natural human capacity and creative adaptation to life.

The objective of group therapy is to increase self-awareness and social comfort, allow exploration of new behaviours, get and provide support, develop life-important skills, and promote more genuine and constructive interactions with others.

At the presentation, you will learn more about the benefits of joining a Therapeutic Group, group format and conditions of participation. You will also have an opportunity to try some experiential works (group exercises) for self-discovery and increasing your vitality.

Group Consultant: Dr.Tania Leigh - Psychologist, Gestalt Therapist, a member of the British Psychological Society, UKCP accredited. For more information visit www.psychologist-4-u.co.uk

Due to limited availability, please sign up in advance by calling **07413965813** or send your booking request to e-mail leigh.tania@gmail.com