

SUPPORT GROUPS FOR ADULTS

In a safe, confidential and supportive setting every individual's uniqueness emerges as the social interpersonal and emotional issues are explored. Group therapy can be a profound and life-altering experience. It is designed for men and women, who face everyday life challenges, seek a support system, and who would like to establish more meaningful interpersonal relationships. By participating, the members will have a structured and safe environment where they can examine their individuality within a group setting. Through interactions with others, each member will gain insight into their strengths and weaknesses, and develop increased courage to face their vulnerabilities.



“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”

Rumi

Since group therapy is the microcosm of the world, it provides an excellent opportunity for the members to identify and work through their emotional blocks and limitations as they interact with each other. One important benefit of participating in group therapy is the opportunity to receive honest feedbacks to one's behaviors.

Issues that often evolve in group therapy include: grief, relationships, support, developmental life stages, self protective skills, boundary setting, healthy emotional expression, interpersonal skills, behavioral patterns, and self-evaluation.

The number of members in each group is between 6 to 8 people.

Duration of groups: 24 weeks commitment - Days and hours: To be determined

Other groups: Psychodynamic model of supervision for clinicians and psychology interns.

Monica Farassat, Psy.D., LMFT is trained in the art of group therapy and understands the dynamics of groups both as a participant, and as a facilitator. Aside from individual, couple, and group therapy in her private practice, she leads process groups for psychology interns in an internship program, and is active in several group psychotherapy organizations.

For more information and to set up an appointment for an interview please contact:

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