

ADULT PSYCHOTHERAPY GROUP



This psychotherapy group is intended for adults who would like to process issues related to mental health, communication, and relationships.

During the 8 week group, participants will have the opportunity to address topics such as: navigating boundaries, communication skills, emotional regulation, building self-esteem, coping strategies for anxiety, and recognizing & building strengths. This list is not exhaustive and will vary depending upon the specific needs of the current group members. Topics will be presented using Cognitive Behavioral Therapy and Acceptance and Commitment Therapy approaches.

Group work is intended as a space for individuals to both provide and receive feedback to others while building empathy and compassion for self and others.

MONDAYS 7:30–9:00 PM – VIRTUAL VIA ZOOM

✔ **8 Sessions:**
9/25, 10/2, 10/9,
10/16, 10/23, 10/30,
11/6, 11/13

✔ **Cost:**
\$35 paid on the date
of group

✔ **Therapist:**
Anthony Vajda, PhD,
NCC



Contact:

Anthony@InProcessCounselingLLC.com
with questions and to sign up

FIND US AT:
<https://inprocesscounselingllc.com>