

Togetherness Heals.



Experience the Power of “Understanding Self & Others” Adult Interpersonal Process Groups

WHAT YOU CAN GAIN FROM GROUP PARTICIPATION:

- Increased sense of interpersonal connectedness, support, and belonging
- More accurate sense of self, others, and relationships
- Increased ability to recognize and disengage from ineffective patterns/dynamics in relationships
- Increased authenticity, spontaneity, and assertive communication in relationships
- Increased self-esteem and sense of being effective in relationships
- Increased ability to effectively manage interpersonal conflict
- Increased ability to cultivate and experience emotional intimacy in relationships

COMMON CONCERNS THAT BRING PEOPLE TO GROUP INCLUDE:

- Mild to moderate anxiety
- Mild to moderate depression
- Struggles with self-esteem and/or identity
- Feelings of isolation, disconnection, and/or loneliness
- Difficulties with emotion regulation
- Adjustment/transitional difficulties
- Lack of fulfillment or dissatisfaction in relationships
- Difficulties with managing healthy boundaries in relationships
- Difficulties with emotional intimacy and trust
- Difficulties with direct, honest communication of feelings and needs in context of relationships

Information about “**Understanding Self & Others**” Interpersonal Process Groups:

Who: Adults, Ages 18+
Where: HRC, Behavioral Health & Psychiatry
When: Wednesdays, 5 - 6:30PM (Chapel Hill)
Cost: \$60.00/Session (No Insurance Accepted)

To inquire about joining, please contact Dr. Kacey Wilson at (919) 442-1125 to schedule a pre-group consultation.