



Group Therapy/Support Group

- **Finding it hard to settle in France?**
- Is living here putting a strain on your emotional well being or relationships with others?
- **Looking for a safe space to find a positive way forward?**

During August and September 2010 I will be running a therapy/support group for people who are living in the limousine area of France and would like the chance to meet in a group context with others who are encountering similar problems. By joining this weekly group, which is run by an experienced counselling therapist, it will offer you the chance to talk about any difficulties you are facing and work towards finding a positive resolution. The benefits of such a group can be any or all of the following:

- Exploring issues in an interpersonal context more accurately reflects real life.
- Group therapy provides an opportunity to observe and reflect on your own and others' interpersonal skills.
- Group therapy provides an opportunity to benefit both through active participation and through observation.
- Group therapy offers an opportunity to give and get immediate feedback about concerns, issues and problems affecting one's life.
- Group therapy members benefit by working through personal issues in a supportive, confidential atmosphere and by helping others to work through theirs.

The group will be facilitated by Jane Evans who is a senior BACP Accredited Therapist., who has been in practice since 1995.

The group will meet for two hours each week and will be offered as afternoon or early evening meetings. The group will be limited to six in number. The initial emphasis of the group meetings will be to establish trust between members and agree boundaries for the confidentiality of anything which is shared in the meetings.

The fee for each group meeting will be 30 Euros. If you are able to commit to the full 6 weekly meetings and pay in advance you will only be charged 25 Euros for each session. Payment for the block of meetings can be made using the Paypal facility on my website and individual meeting will be required at the beginning of the sessions.

The group is only open to those who are over the age of 18.