



Adjusting to life in Paris?

Therapy groups for English speakers in transition, facing stressors or lacking satisfaction in their job, family or social life.

What about sharing the following goals?

- Develop or regain self-esteem, positive energy and aliveness, feel more relaxed and lighter
 - Receive and provide mutual support in a safe environment (both affective and practical)
- Build a sense of community and inner strength to sort through emotional or life stressors
 - Communicate emotions and thoughts more authentically and effectively
- Adopt coping mechanisms and resources to make life in Paris more joyful or meaningful.

Facilitated by a French-American accredited Gestalt-therapist and psychologist, the groups are interactive and experiential. Limited to 8 persons per group.

*1hr 1/2 weekly meetings (45€) + individual sessions every 4-6 weeks (80€).
30 min discussion prior admission (free).*

The groups meet avenue d'Iéna, near the Champs Elysées - Metro/ subway: Charles de Gaulle Etoile (line 2, RER A), George V (line 1), Iéna (line 9), Kléber (line 6).

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