

GROUP THERAPY FOR WOMEN OVER 50

Open Ended Long Term Group

s MEETS WEEKLY: TUESDAY'S 11:15 AM - 12:45 PM



RickiGeiger.com

Women in this age cohort have specific challenges and can benefit tremendously from the support, structure and format of a therapy group. From unresolved past relationships and trauma which affects one's self-esteem; changes in current relationships; empty nest; grief and loss; issues and uncertainties about aging and retirement; and the need to develop more functional ways of relating, group offers women a safe space to share openly, and explore and expand in wonderful life affirming ways. This interactive group focuses on the here-and-now dynamics between group members to heal issues with self and others.



This open-ended group offers members the opportunity to enhance and deepen relationship with self and other. Over time the process fosters new awarenesses, provides needed healing of old wounds, and increases authentic communication skills in and outside of group. As an open-ended group, new members are added as space permits.

Since the group process unfolds with time, it is suggested that members make a six-month commitment.

Ricki L. Geiger, LCSW, CGP, CRC

Psychotherapist Certified Group Psychotherapist
Certified Retirement Coach

OVER 36 YEARS EXPERIENCE

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