

MONTHLY PROCESS GROUP THERAPY FOR CISGENDER QUEER WOMEN IN THEIR 40's & 50's

STARTS SATURDAY JANUARY 15th, 2022

ONE SATURDAY/MONTH FOR SIX MONTHS; 2/19, 3/19, 4/16, 5/14, 6/11

Three 1.5 hour Zoom Sessions Sliding scale: \$105-\$135 per Saturday Max 10

Living in a heteronormative world challenges a queer person every day. The subtle and less subtle messages and expectations for aligning with social norms creates a level of stress for queer women often resulting in anxiety, depression, withdrawal, disconnection and isolation. This therapeutic group will provide a confidential space that builds safety necessary to connect, express, develop community, self and co-regulate while exploring internal issues and conflicts that inhibit one from living more fully.

SCHEDULE:

First Session: 9:00 AM - 10:30 AM EST

BREAK: 10:30 - 10:45 AM

Second Session: 10:45 AM - 12:15 PM

LUNCH: 12:15 - 1:00 PM

Third Session 1:00 PM - 2:30

**PARTICIPANTS ARE ASKED TO COMMIT
TO ALL SIX SATURDAY'S TO FACILITATE
SAFETY, TRUST AND GROWTH**

Ricki, a Licensed Clinical Social Worker and Certified Group Psychotherapist is knowledgeable and compassionate with over 40 years experience, including 30 years leading successful groups. She interweaves her background in psychoanalytic psychotherapy with Polyvagal Theory and Practice, fostering an embodied experience for all group members. As a group psychotherapist, she incorporates this mind/body approach with a Modern Analytic model for group interaction and process.

FOR MORE INFORMATION AND TO OBTAIN THE APPLICATION FORM CONTACT:

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