

The Family Therapy Institute presents:

Embracing Authenticity

Group Therapy for Men and Women

Do you struggle with any of these?

Shyness or social anxiety • self doubt • lack of confidence • unsatisfying relationships • difficulty expressing feelings • loneliness • feeling misunderstood • disabling fear • feeling stuck or unhappy

A new way of life is possible!

Feel More Alive – through authentic self-expression, deep self-awareness, mindfulness, and feeling your emotions

Become Unstuck – from dissatisfying behaviors, unhealthy relationship dynamics, painful ways of being, and dysfunctional belief systems

Relate Better – with self-confidence, skillful communication, greater empathy, and healthy boundary-setting

Grow – try new ways of being, use group feedback and support, learn to take less personally, and expand your capacity for love

In this safe group environment members are supported to take risks to illuminate interpersonal patterns, experiment with more functional and satisfying ways of being, and discover new realms of intimacy and connection with the self and others. Through the use of therapist-guided processes, mindfulness practices, and group feedback and support, members experience an uncommon sense of freedom and relatedness.

Dates:

Wednesdays 5-6:30pm

Location:

The Family Therapy Institute of Santa Barbara, 111 E. Arrellaga St.

Cost:

\$50 per session

Facilitator:

Thery Jenkins, LMFT #84493

For more information call (805) 882-2400 : x203

Thery Jenkins is a Licensed Marriage and Family Therapist with a masters degree in transpersonal counseling psychology. Trained in group therapy, Thery has been leading groups since 2008. Currently, she co-facilitates a women's group and provides psychotherapy to individuals, couples, and families at the Family Therapy Institute of Santa Barbara.