



# Interpersonal Therapy Group

Interpersonal group therapy is a powerful way to learn about ourselves and our relationships with others with the aim of improving the way people relate with others and to feel better about themselves.

## Who is the group for?

People may join an interpersonal group when

- Feeling angry, frustrated, or dissatisfied in relationships
- Having difficulty trusting others
- Struggling to forge close (or meaningful) relationships
- Feeling that one often has to please others
- Struggling to communicate one's thoughts, feelings, and needs directly
- Being controlling (or easily controlled) in relationships
- Feeling that one's relationships are shallow
- Experiencing anxiety in social situations
- Frequently experiencing loneliness
- Having trouble with self-esteem in relationships

## Registration Details

Date: Wednesdays 2 August - 18 October 2023

Time: 3pm - 4.30pm

Location: TBC

Cost: \$60 for the entire program

## Contact

For enquires and to register your attendance please email [psychologyclinic@gatewayhealth.org.au](mailto:psychologyclinic@gatewayhealth.org.au).

This information is current as at 9 June 2023 and subject to change. Visit our website or get in touch to confirm current information and fees.



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