



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.

Location	Date and Time	Cost
Gateway Health Wangaratta	Wednesdays 10 April - 12 June 2024 2.30pm - 4.00pm	\$60 for the entire program

Contact us

For enquires and to register your attendance please email psychologyclinic@gatewayhealth.org.au.

This information is current as at 13 March 2024 and subject to change. Visit our website or get in touch to confirm current information and fees.



Interpersonal Therapy Group

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

To learn more

Please email

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gatewayhealth.org.au



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People living well