

WOMEN'S SELF-ESTEEM THERAPY GROUP

A professionally run therapy group for women who want to understand and improve the way they think and feel about themselves. Using the group process, interpersonal relationships within the group will be utilized as a means for understanding and resolving personal self-esteem issues. The group offers an emotional experience where members feel heard and understood. The group can be a safe place to start to develop intimate relationships, which help to facilitate changes in self-defeating behaviours and improve on interpersonal styles.

Some of the Common Issues Women Bring to the Group:

- Depression
- Expectations of perfection
- Chronic comparison to others
- Preoccupation with food and body image
- Relationship and fear of intimacy problems
- The search for completion through romance, motherhood and work
- Isolation
- Involvement in destructive relationships
- Compulsive behaviours
- Over-developed sense of responsibility
- Fear of conflict
- Difficulty relaxing and having fun

Group Facilitator:

Tara Chotem has a Masters Degree in Counselling Psychology, is a Registered Clinical Counsellor with the BC Association of Clinical Counsellors and a Certified Group Psychotherapist with the National Registry of Certified Group Psychotherapists. She is a clinical member of the American and Canadian Group Psychotherapy Associations. She has been working in the mental health field as a psychotherapist and group facilitator, in both the public and private sector, for over 25 years. Currently she has a private practice in West Vancouver where she provides therapy for individuals, couples and groups.

Groups are limited to 9 members and are held once a week
The cost is \$225.00 a month (+GST)

For more information and/or a free screening interview contact:

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