



Australasian Academy of Wellness Therapies

Suite 13-16 South Gate , 77-87 Canning Highway, South Perth, WA 6151

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Group Psychotherapy Program Part 1

6 sessions of 1.5 hours

The group therapy process assists participants to overcome barriers within their relationships with themselves and with others. Participants often become open to new discoveries about their particular creative directions. Each person explores aspects of their emotional lives, relationships and desires and shares in the other participants' explorations. The dynamic of group participation provides present time insight into patterns of relating. Group therapy can help relieve experiences of anxiety, depression, the effects of loss or other personal issues; or it can benefit any participant who is wanting to develop a deeper sense of connectedness within themselves and their relationships. The facilitator's guidance includes taking care that participants only venture into their issues to a level that feels safe within the present group process.

Group Psychotherapy Program Part 2

6 sessions of 1.5 hours

The Group Therapy Program Part 2 is for people who have completed part 1 and have the desire to continue, extend and deepen the process of self discovery, addressing symptoms and sharing within the group.

Professional Development Recognition: Experiential Training

Time : Tuesdays, 6pm - 7.30pm

Dates, Part 1 : 26th May, 2nd, 9th, 16th 22nd & 30th June

Dates, Part 2 : 21st, 28th July, 4th, 11th, 18th & 25th August

Cost : \$360 per program (gst incl.)

Venue : Suite 15 South Gate, 87 Canning Hwy, South Perth

Applications : Go to 'www.aawt.edu.au' and register online, Sarah Jones will phone you shortly to discuss the program and your application.

Class size : Maximum of 7 participants



Who Should Attend:

The programs are suitable for any member of the community who feels that he or she would benefit from self discovery, seeking relief from symptoms and emotional connection with others.

The programs are also ideal for those who practice complementary and holistic therapies and counsellors or psychotherapists who pursue professional development through personal development. They are suitable for practitioners wanting to incorporate a deeper connectedness within themselves into their practice with clients.

Certificate : Certificate of Completion from Australasian Academy of Wellness Therapies

Facilitator : **Ms Sarah Jones**, Psychoanalytic Psychotherapist
 Registration: Psychotherapists and Counsellors Federation of Australia
 Clinical Member: Counsellors and Psychotherapists Association of Victoria
 Member: Freudian School of Melbourne



Call us at (08) 9473 9999 for more information or email us at courses@aawt.edu.au