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In Al



Location **Colorado** https://www.genclassifieds.com/x-508185-z

Group therapy can help!!!

The Relationships Process Group is an interpersonal process group for people who would like to work on issues related to relationships such as intimacy, trust, self-esteem, care-taking, setting boundaries, as well as depression, anxiety, social anxiety, and codependence.

Who Are These Groups For?

These groups are for people who are motivated to:

• Improve their relationship skills and manage anxiety, depression, anger, and isolation

• Deepen their capacity for intimacy, closeness, and connection

• Learn more about themselves as an individual and as part of larger relational contexts such as partnerships, families, friendships, work environments, etc

• Explore how they impact others and how others impact them

 $\hat{a} \in \not\!\! c$ Understand themselves in ways that promote informed, healthy choices

• Support their work in individual or couples therapy with opportunities to try out new ways of doing things in a safe, supportive environment so they can communicate their needs more effectively

If you've ever wondered how other people perceive you, how your personality "comes off" to others,



