

Want better relationships (Denver)



Location **Colorado**
<https://www.genclassifieds.com/x-508188-z>













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
- 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, wanted deeper connection in your friendships and romantic relationships, or wanted to feel more confident about yourself, this group could benefit you.

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