

# Do you feel that youre flawed or defective (berkeley)



Location **California**  
<https://www.genclassifieds.com/x-730059-z>

Our Group Therapy for Depression might be right for you...

We will help you identify and explore your feelings of inadequacy, unworthiness, imperfection and incompetence while teaching you skills to counteract the associated depression.

-Saturday from 1-2:30 pm starting January 23th.

The group will meet at 3220 Sacramento street Berkeley ca  
\*Cost: Free

This is a protocol developed by Michelle Skeen PsyD and Matt McKay PhD. Michael Greenberg is a doctoral student who will be co-facilitating the groups with Dr. Michelle Skeen.



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