

I am struggling with changes that are happening in my life.

It is normal to feel overwhelmed by thoughts and emotions during difficult crossroads in life. Group therapy offers an opportunity for confidential support during this time. Individuals gain deeper self-awareness, increased self-acceptance and an enriched sense of connection with others.

I have trouble talking about my situation with others. How much will I be expected to share?

Feeling this way is normal but does not mean one should avoid joining a group. It will always be up to you to decide when and how much you share with the group. Learning to express thoughts and feelings more openly and honestly can be key in overcoming stressful transitions and making difficult decisions.



Directions From Hwy 1:

Take Exit 58 (200 St., Langley). Drive South for 10 kilometres. Turn Left on 40th Ave. We are located approximately 2 blocks on your left in Belmont Centre (next door to Ocean Park Pizza). There are two entrances: be sure to use the entrance at the *front* end of the building (closest to 40th Ave). We are in Suite #107.

Life Transitions through the Life Review Workshop



Intensive Weekend Group

Regular Rate: \$925 (plus tax)

Early Bird Rate: \$875 (plus tax), if registered by September 11, 2015.

- ◆ Registration includes a \$500 deposit.
- ◆ Balance due: September 11, 2015.

Payment is due upon registration. We accept Visa, MasterCard, debit or cash.

Cancellation Policy:

Ten days notice is required for cancellation or the full \$500 deposit will be forfeited. There will be no refunds after Sept. 18, 2015. *Administrative fee for early cancellations: \$40*



BROOKSWOOD COUNSELLING

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For future therapeutic groups check out our website: www.brookswoodcounselling.com

Intensive Weekend Group

Dates: September 25-27, 2015

Friday, September 25: 6 p.m. - 10 p.m.

Saturday, September 26: 9 a.m. - 5 p.m.

Sunday, September 27: 9 a.m. - 5 p.m.

Call now to register:

778-278-3411

Space is limited.

Facilitators



Michael Dadson, Ph.D. has more than 30 years experience caring for individuals, families and communities who face a range of life challenges. He has led workshops, facilitated symposiums, and presented papers in

government, community, and academic settings.

Dr. Dadson currently serves as co-director of Brookwood Counselling and leads clinical groups for veterans with the Veterans Transition Network (a national non-profit organization that helps returning veterans recover from combat stress and transitional issues).



Laura Bull received her Masters Degree from UBC where she received training from one of the originators of the Life Review process. Laura has experienced Life Review from the perspective of both participant and facilitator which has resulted in a personal depth of knowledge about the power of this process: future potential becomes unlocked by new awareness and understanding of the past.

What does the Life Transitions Group offer?

The Life Transitions group is designed for individuals transitioning to new life circumstances. Transitions involve moving through a range of life circumstances such as depression, anxiety, leaving unhealthy relationships, divorce, marriage, employment and education. Topics discussed will vary according to the specific needs of the group. The purpose of the Life Review is to facilitate insights, healing and growth from past events as well as to provide support for present day decisions, transitions and adjustments.

What is a Life Review?

Attendees will be given an opportunity to reflect on their life and major life events through a guided individual and group process. A personal Life Review consists of writing a summary of significant life events, optionally sharing your story with the group. The group setting offers objective, encouraging feedback with the aim of gaining a deeper sense of awareness, confidence and direction in your current situation.

What happens in the group?

The group is designed to be both psycho-educational and experiential. Guided by two professional therapists, 5-8 members meet to explore their life stories and personal circumstances. Members support and encourage each other in the personal growth process.

Is it confidential?

Yes. Group members will be expected to keep all information about the group and its members confidential in order to build trust and create a safe place to explore issues.

Is the group right for me?

If you are interested in this workshop, please call 778-278-3411 to see if there is space available. If you are not currently a client of Brookwood Counselling someone will contact you to set up an initial free interview with a group counsellor.

During the interview we will discuss your interest in the group, level of commitment, past therapy or group experience, what has led you to your interest in the group, and what you hope to offer to and gain from the group.

If you and the group counsellor mutually determine the group is a fit for your current needs and interests, the counsellor will inform you of your start date for the group or place you on a waitlist for the next available opening.

