

“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:

Take the 200th Street Exit off Hwy #1 going South. Turn Left on 40th Avenue. We are located approximately 2 blocks on your left in Belmont Centre (next door to Ocean Park Pizza). There are a few entrances; use the entrance at the end of the building closest to 40th Avenue. We are in Suite #107.

Life Transitions through Life Review



Intensive Weekend Group

COST: \$925 (plus tax)

Early bird rate: \$875 (plus tax)

if registered by January 8, 2016

- Registration includes \$500 deposit.
- Balance due: January 15, 2016.

Cancellation Policy: If you cancel with less than 1 weeks notice, you forfeit the full deposit. There will be no refunds after January 15, 2016.

Admin Fee for Cancellations: \$40



**BROOKSWOOD
COUNSELLING**

#107 20103 40th Avenue

Langley, BC V3A 2W3

Telephone: 778-278-3411

www.brookswoodcounselling.com

Intensive Weekend Group

Dates: January 22 - 24, 2016

Hours

Friday: 6pm –10pm
Saturday, 9am - 5pm
Sunday: 9am—5pm

For future therapeutic groups

check out our website:

www.brookswoodcounselling.com

Facilitators



Michael Dadson, Ph.D. has over 30 years caring for individuals, families and communities who face a range of life challenges. He has led workshops, facilitated symposiums, and presented papers in the government, community, and academic settings, Michael currently serves as the one of

Brookwood Counselling Services' directors 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. 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. Transitions involve moving through a range of life circumstances such as depression, anxiety, leaving unhealthy relationships, divorce, marriage, and employment and education. Topics discussed will vary according to the specific needs of the group.

“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?”

Interested individuals can call Brookwood Counselling Services at : 778-278-3411 to identify availability for the next group date and time. If the set time is a match with your schedule, we will 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, mutually, you and the group counsellor 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.

