

# THE HEALTHY MINDS, HEALTHY RELATIONSHIPS SELF DEVELOPMENT GROUP

## What is the offer?

Our FREE 12-week personal development group, co-facilitated by a UKCP Senior Gestalt trainee psychotherapist, providing you with a supportive environment where you can explore how you relate to others.

## What is Gestalt?

Gestalt means an organised whole more than the sum of its parts. It is a therapeutic model focusing on how we make contact with each other and our world. Gestalt believes our problems are relational and that people cannot be viewed as separate from their environment. This means our problems are not ours alone, they belong to everyone.

## What can I expect?

- Develop a greater awareness of how you relate to others.
- Discover the patterns you have developed for dealing with life and decide whether these strategies are still useful.
- Work with what are sometimes experienced as "difficult" emotions such as fear, anger, loss & sadness.
- Share your experiences with others in a caring environment.
- Build communication skills and create a supportive community.
- Support yourself and others on a journey of self-discovery.

## More info...

The Group runs twice a year in the Spring and Autumn. There are twelve spaces available and we maintain a waiting list throughout the year. For more information, call 020 7241 8996 or email [healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)