

New Facilitated Therapy Group Forming: Exploring the Territory of Emotional Intimacy



This is a 12 week facilitated Therapy Group for five to seven individuals of any gender who want to expand their feelings of closeness to self and others. It builds on the foundation that one's inner connection with self is what one brings to relationship.

The following is the focus:

- Countering self-judgments with skill, compassion, and resolution.
- Expanding your freedom and confidence to express loving kindness frequently.
- Releasing current fears and guilt, which are based on childhood terror and confusion.
- Gaining self-understanding by disclosing and discussing your regrets, your longings, and your dreams.

Facilitators: Dennis Reno, Ph.D. (PSY#9896) and Elizabeth Butler, trainee

Start Date: Early 2012

Meetings to be held at Pacific Center 12 Tuesday evenings from 7:00 PM- 8:30 PM.

Per session cost: \$30. Total payable in three installments

In order to gain a mutual understanding of desired outcome, an in-person conversation with the facilitators is requested. To arrange a meeting time please call 510.548.8283 x112.



Pacific Center, 2712 Telegraph Ave. (at Derby), Berkeley CA 94705