
Understanding Ourselves and Others

I tend to
overthink and
shut down

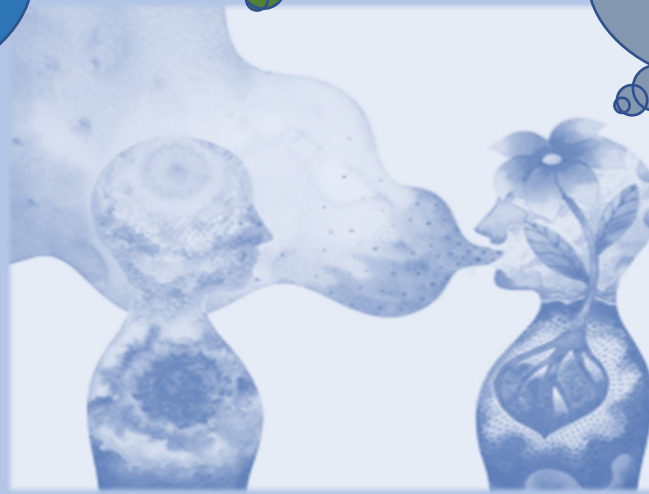
I have difficulties
making meaningful
relationships

I often feel
misunderstood

I have hard time
expressing
myself

I do not know how to
be direct with others

I have difficulty
trusting others



This group therapy process can give us an opportunity to better understand ourselves and others, to improve our communication, and learn ways to honestly express our thoughts and emotions in ways that can improve our comfort and enjoyment in connecting with others.

This therapy group requires being in counseling with a therapist and a brief screening/orientation appointment with the group counselor to help determine if this is the right group for you. Talk to your counselor today or call 716-878-4436 to get started.