

"TWENTY SOMETHINGS"

WOMEN'S THERAPY GROUP



Your Group

Who: **WOMEN: 20'S AND 30'S**

When: **November 2018,**

Wednesdays from 5-7 pm

Where: **Edina Counseling Center**

7400 Metro Blvd, Suite 211,

Edina 55439

Your Goals

Building Self Esteem?

Setting healthy boundaries?

Finding a sense of self and authenticity?

Getting wants & needs met ?

Being emotionally moderate?

Your Process

Read. Study.

Share. Support.

Your Benefits

...A warm supportive place to
figure out how to be The Best
Person YOU Want To Be!



Facilitated by...

 Gina R. Schuchman, MSW , LICSW

 Gina@edinacounselingcenter.com

 952-835-1616

Wednesdays
5-7 pm

beginning

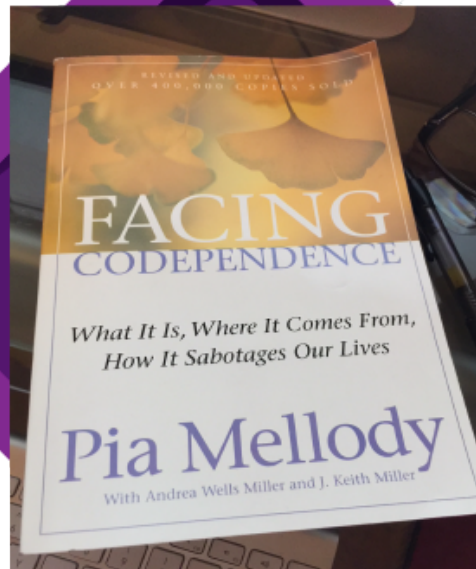
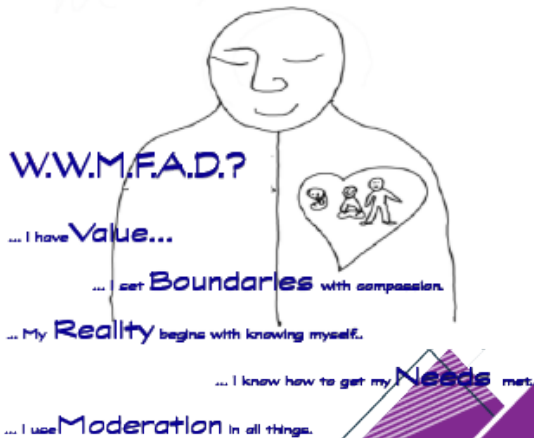
November

2018

W.W.M.F.A.D.?

“What Would My Functional Adult Do?”

MY FUNCTIONAL ADULT...



PERSONAL GROWTH CONTINUES HERE ~ THE “PIT MODEL”...

What we'll cover...

Using Pia Mellody's Post Induction Therapy model (PIT) as a framework, together we will read her ground breaking book, *Facing Codependency*, chapter by chapter, and explore our history and the effects it has in our lives. Each group member will have time to work through issues that have created on-going problems, unravel familiar patterns that repeatedly damage relationships to selves and others and resolve issues that have been causing them shame, pain, and depression.

In the interest of confidentiality, trust, and openness, new members will be expected to contract an initial commitment of 10 weeks into this group. This will be an open ended group after that in order to continue to integrate what you've learned over time.



👤 **Gina R. Schuchman**

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