



Personal Process Group

Our group offers men and women opportunities to explore and improve interpersonal skills while increasing self-understanding. Led by professional facilitators, the group becomes a safe and supportive container for personal growth. All personal issues and group communications are confidential.

Why Group Therapy?

Self-exploration is deepened by peer inquiry, support and therapeutic interventions. Sharing interactively increases understanding of the ways in which we relate with others. Over time, the group community itself becomes a basis for real personal change and healing. Through long-term participation, group members can resolve feelings about their family of origin, gain self-acceptance and develop a more satisfying relational capacity.

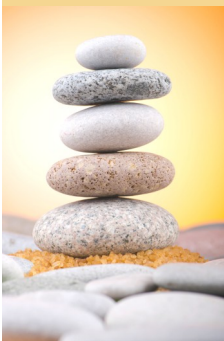
Who Would Benefit?

This therapy group is good for anyone experiencing issues such as:

Stress
Life Transitions
Relationship Issues

Grief & Loss
Health Issues
Low Self Esteem

Loneliness
Anxiety
Depression



Logistics

This ongoing group will meet every other week on Monday evenings at San Marin Psychotherapy from 6:15 to 7:45 PM, starting early 2013 (date TBD). An initial commitment to eight sessions is required.

Facilitators

Diane Harnish PhD and Olivia Parrish RN are co-founders of San Marin Psychotherapy in Novato CA. They both specialize in Orgonomic therapy (Character Analytic and Reichian Somatic therapy) and are accredited Orgonomists.



Diane is a licensed psychologist in private practice since 2001. She has experience as a human resources trainer, meeting facilitator, workshop leader and group facilitator. See: dianeharnish.com



Olivia has 6+ years of private practice in counseling. She is also an experienced Hospice nurse and as such has offered group and individual grief support.

Fee:
\$80.00 per session; sliding scale and Medicare considered.

To register:
Call Diane Harnish, PhD: (415) 924-5556
or Olivia Parrish, RN: (707) 206-2943
Telephone intake interview is required.

San Marin Psychotherapy
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