

## **Living Well / Relating Well**

### ***A Gestalt Therapy Group***

**A 10-week program that explores your relationship with yourself, to others and the world you live in.**

**Therapist / Tony Jackson**  
**Starts on April 8th at 6.15pm**

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This program is designed to support the participants: develop their personal awareness; find more cheerfulness in the ways they respond to the world around them; and step towards relating to others with more confidence and vitality.

Joining a group may sound intimidating at first, but group therapy provides benefits that individual therapy cannot. It is our experience that group members are almost always surprised by how rewarding group interactions can be.

Groups can act as a support network and a sounding board. Other members of the group offer insight and feedback, support in grappling with a difficult situation or life challenges, and may help hold you accountable to your goals along the way. Regularly talking and listening to others also helps you put your own problems in perspective and realize that you're not alone.

People have different personalities and backgrounds and they look at situations in different ways. By seeing how other people tackle problems and grapple with their own patterns you can discover a whole range of strategies for facing your own concerns.

**ConnectGround** is a community-based counselling & psychotherapy centre offering low-cost individual and group therapy.

We offer low cost and ongoing psychotherapy that emphasises the therapeutic relationship as a support for developing awareness and flexibility.

We are putting into practice relational gestalt theory by emphasising the importance of connection to others and the world in which we live.

### About our Therapist:

**Tony Jackson BTheol, BA (Psych), GradDipCouns**

AdvDipGestaltTherapy, MGANZ is a psychotherapist in private practice and works with individuals, couples, and groups. He also offers supervision. He has a passion for gestalt theory, and its ongoing development, as a source of inspiration for responsive, ethical, heartfelt and holistic living.



As a psychotherapist, Tony works with people who come from diverse backgrounds. He is interested in exploring the ways that they understand themselves as always contextual, and how attending to their interactions and relational patterns can support them in developing a greater sense of vitality and choice in life.

### DETAILS

Venue / Gestalt Centre

Date / Starts Thursday 15th, 22nd April, 6th, 13th, 20th 27th of May and 3rd, 17th, 24th June then concluding on 1st July

Time / 6.15 - 8.15 pm

Costs / \$750 (inc GST)

To apply complete and return the application form to [manager@connectground.com.au](mailto:manager@connectground.com.au). Once we have received a minimum of 6 applications you will be contacted to arrange a time to attend an individual interview.

### Payment Process :

When accepted into the group to secure your place in the group you are required to pay a deposit of \$350. Full payment of the remaining amount of \$400 is required prior to commencement of the group.

Please note: Full payment is required regardless of any absences planned or otherwise.

### Our Cancellation policy:

Upon enrolment, you agree to the cost of this course. If you cancel before two weeks of the commencement date and your place can be replaced, your fees will be refunded less a \$50 admin fee. If your place cannot be filled then your course fee will be forfeited.



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