

Therapy Group

Group Leader: Neil Gibson, UKCP Registered Psychotherapist

Date: Weekly on Thursdays from September 2011

Time: 7.00pm - 8.40pm

Where: Newcastle Centre

Cost: £27.00 per session



New members invited to join from September 2011



A therapy group is a safe and confidential place for people to explore their ways of being with others and learn more about their own emotional and psychological processes. An opportunity for self-development, the group offers a challenging and supportive environment that helps you to better understand your own and others' experiences.

Therapy groups use different ways of working to facilitate this journey aimed to help you with personal issues and to increase self-awareness. There are six spaces available in the group, which will run weekly, starting in September 2011.

Facilitated by an experienced therapist, the group will be mixed with no more than eight members who will contract to work therapeutically together for a minimum of six months. Places will be filled on a first come first served basis.

Neil Gibson is a UKCP registered adult psychotherapist working in private practice. He is an experienced practitioner with a personal interest in therapeutic group work.



To register for this therapy group please contact Neil directly at:
neilgibson@gmail.com or **0753 064 8233**