

# **Reflections: A Journey of Self Discovery**

An Ongoing Gestalt Therapy Group



**Dates:**

Saturday and Sunday 6-7<sup>th</sup> January 2018,  
Saturday and Sunday 2-3<sup>rd</sup> June 2018,  
Saturday and Sunday 6-7<sup>th</sup> October 2018,  
**(Repeated on similar dates each year)**

**Venue: Thorpe House  
Conference and Training Centre  
12 Sowerby Rd  
Thirsk  
North Yorkshire  
YO7 1HX**

**Cost: £150 (including lunch, tea, coffee and biscuits – not including accommodation)  
£20 non-refundable deposit required to secure your place**

This group is for anyone who is interested in self-discovery and finding ways to lead a more satisfying and fulfilling life.

Participants will have the opportunity to reflect on their own lives, gaining a greater awareness into their habits of feeling, thinking and behaving, and from this can get a greater sense of themselves and others in relationships and in everyday life situations.

Gestalt group therapy can be both supportive and challenging; it requires commitment, a willingness to share aspects of ourselves and to engage with others. Gestalt therapy brings with it creativity and experiment – opportunities to try new things.

This group is open to adults, preferably those who have experienced individual counselling. As facilitators our aim is to create a safe and supportive atmosphere that respects difference and personal choice. The group has been running since 2009. We are happy to answer any questions relating to the group if you would like to join, or if you are a therapist or counsellor making a referral for a client to join. New clients can sample one of our weekend groups without committing to attend further group weekends.

To book please contact: **Loretta Watt** Tel: 01748 822027  
MSc Gestalt Psychotherapist (UKCP registered)  
or  
**Brian McMinn** Tel: b.d.mcminn@liverpool.ac.uk  
MSc Gestalt Psychotherapist (UKCP registered)

**Please note: A brief telephone interview will be required to secure your place**