

Combined Group & Individual Therapy

This is a very effective and powerful way to work in therapy. In particular, I would recommend it for those who would most probably benefit from group psychotherapy but who are too worried about the difficulties of joining a group and participating openly. The individual sessions (whether once weekly or fortnightly) will provide you with your own space to talk about the things you feel the need to address now as well as the opportunity to discuss some of the issues you are encountering on joining the group. Once you have settled into the group, you will find it a safe and supportive place to openly address the issues that brought you into therapy.

Please note that with this treatment option **the group fee is reduced** to accommodate the extra financial commitment.
