

## Interpersonal Group Therapy

Interpersonal therapy is a powerful way for people to learn about themselves and their relationships with others. The group format creates an environment of mutual respect, trust and support where participants focus on their social roles and relationships, and evaluate specific problems in their lives such as conflicts with family, friends, or significant life changes sometimes brought about or aggravated by depression, anxiety, trauma or other conditions.

The group values honesty and emotional expression; during sessions members are encouraged to interact freely in the present assuming a self-reflective attitude. Some prior group experience is an advantage. For those interested individuals without any group experience, an assessment and introduction to Interpersonal Group Therapy is available.

### Group goals:

- Overcoming feelings of self-contempt, loneliness, alienation, and disengagement.
- Understanding and changing rigid, maladaptive, self-defeating styles of being.
- Getting meaningfully involved with others.
- Personal growth and basic character change
- Skills for coping in healthier ways
- Improve relationships
- Enhanced problem solving and communication skills
- Reducing self-destructive or hostile behaviours.

**Frequency and Duration:** This is a semi-close group with a preferential initial entry point at the start of each 12-session module, at the end of the 12-session module there is a one-week-break for assessment and review.

**This program will run on Mondays from 4.00pm to 7.15pm  
and Fridays from 9.00am to 12.30pm.**

Please contact the Day Program intake office or a member of the Northpark Therapy team for more information and to make a booking.

**9468 0177** or email **[Northpark.dayprogram@healthscope.com.au](mailto:Northpark.dayprogram@healthscope.com.au)**

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