

# Reclaiming Your Self

## A Growth & Alignment Therapy Group for Adults

A supportive space to reconnect, realign, and grow with intention.

### What Is This Group?

**Reclaiming Your Self** is a **10-week self-development therapy group** designed for adults who are ready to move beyond old patterns, deepen self-awareness, and create a life aligned with their values.

This group blends evidence-based psychology with holistic healing approaches, integrating:

- Growth Mindset
- Internal Family Systems (IFS / parts work)
- Radical Acceptance
- Values-based living
- Conscious communication
- Limiting belief exploration

Each session offers **gentle structure, experiential exercises, reflection, and group connection**, creating a supportive environment for meaningful growth.

### Who Is This Group For?

This group is ideal for adults who are:

- Feeling stuck in old emotional or relational patterns
- Navigating burnout, life transitions, or identity shifts
- Seeking deeper self-understanding and emotional clarity
- Wanting healthier communication and boundaries
- Craving more meaning, alignment, and purpose
- Ready to grow into the next version of themselves

No prior therapy or group experience is required.

## What You'll Gain

Through this group experience, you will:

- Develop a **growth-oriented, self-compassionate mindset**
- Understand your inner world through **IFS/parts work**
- Learn **healthy boundaries without guilt**
- Identify and shift **limiting beliefs**
- Strengthen **communication and relationship skills**
- Clarify your **core values and life direction**
- Cultivate greater emotional balance, confidence, and clarity
- Experience the healing power of **authentic group connection**

## Weekly Topics Include

- Growth Mindset & Radical Responsibility
- Parts Work (IFS) & Radical Acceptance
- Understanding & Healing Burnout
- Values-Based Living & Life Alignment
- Conscious Communication & Feedback Skills
- Identifying & Releasing Limiting Beliefs
- Integration, Future Mapping & Closure

Each session includes grounding practices, psychoeducation, reflection, and interactive exercises.

## Group Format & Structure

- **Length:** 10 weeks
- **Session Duration:** 90 minutes per week
- **Group Size:** 6–8 participants
- **Format:** Experiential, relational, and trauma-informed
- **Setting:** Warm, supportive, and confidential

Small group size allows for meaningful connection, emotional safety, and individualized attention.

## Why Group Therapy?

Group therapy offers powerful opportunities for:

- Emotional healing through shared experience
- Reduced isolation and shame
- Increased insight and self-awareness
- Relational growth and connection
- Long-term emotional resilience

Many clients describe group therapy as one of the most transformative and supportive experiences of their healing journey.

## Is This Right for Me?

This group may be a good fit if you are:

- Open to self-reflection and personal growth
- Willing to engage honestly and compassionately
- Curious about your emotional and relational patterns
- Seeking community, support, and deeper understanding

If you're unsure, a brief consultation can help determine whether this group aligns with your goals.

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## Ready to Take the Next Step?

**Reclaiming Your Self** is offered in small cohorts to create a safe and connected experience.

 **Book a consultation or join the interest list to learn more and reserve your spot.**

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