

Small Group Process (Group Therapy) Opportunity

I hope each of you are well. I wanted to let you know about upcoming groups from which you or someone you know may derive significant benefit. I will be leading small group process groups, also known as group therapy for adults ages 18 and up. I have personally been involved in groups like this and am still experiencing the tremendous benefits from some of the things I learned about myself and others (e.g., some of the ways I spoke that prevented others from feeling close to me and connecting with me at a deeper level). The groups will be composed of eight to twelve members. I will do ongoing screening for the groups and as soon as there are enough people for another group, I will launch it. This is not a group for people with severe psychological issues.

Who might benefit from this group? Anyone who wants to: experience deep connection with other people; grow in intrapersonal and interpersonal awareness; expand their ability to understand, relate to, and connect with others; work through issues they are currently experiencing and issues from their past in a group context; try out new relational behaviors in the safety of a confidential closed group (new members will not be added once the group starts); enjoy the consistency of a group that meets once a week for six to twelve months (will be decided by the group). There is a small cost each week. I will discuss this during the screening interview.

We will meet in my office conference room once a week for ninety minutes. Day and time will be determined after everyone is screened.

If you or someone you know might be interested in this group, please contact me via e-mail or phone (208-340-1925) so that I can set up a screening interview. Feel free to forward this e-mail to anyone you think may be interested.

I will also be leading another group like this except the group is only for Adults with Aspergers (higher functioning end of the Autism Spectrum Disorders). This group will start as soon as there are enough screened members.

Thanks for your consideration,

Nate Hamlin