

Out from the Shadows

A new on-going group for women led by psychotherapist Sara Pauley,
based in Stratford, E15 and starting in January 2018

Developing our own self esteem enhances our ability to show the world who we really are and strengthen our courage to create the experiences we wish for.

This group will provide the opportunity to share with others and learn through the experience of mutual feedback in a warm and supportive way. We will explore the thoughts, judgements, feelings and behaviours that keep us hidden from ourselves and others. Our focus will be self acceptance, embracing our differences and difficulties, and growing our compassion.

The process of sharing and investing over time in an on-going group can develop the trust and safety required to enable deep and lasting change. I therefore ask for a commitment of two terms with a view to continuing further.

The group will be limited to six participants and will meet for six evenings per term:
6.30-9.30pm Wednesday 10 & 24 January, 7 & 21 February, 7 & 21 March, and one full day per term: 10-5pm Saturday 13 January 2018. The cost of the group for a term is £320

To secure a place, talk about the group or make an enquiry please contact Sara on 07968 077898 or email sarapauley@icloud.com

Sara is a practising psychotherapist who trained at Spectrum Therapy, a Centre for Personal and Professional Excellence. She has been in private practice since 2004 and works with individuals, couples and families. Her professional and personal development is founded in group work and she brings her excitement and passion for the possibilities that this way of working offers.

sarapauleytherapy.co.uk