

Psychoanalytic Group Therapy

WHY GROUP THERAPY?

During our lifetime we participate in various groups; family, school, and work, among others. How we fare in these group settings builds our character and contributes to our self-image. Group therapy offers the unique opportunity to be part of a group which focuses on the growth of its individual participants. If you aren't sure how you affect people, if you feel too easily influenced by others, if you have difficulty pursuing what is important to you, you might consider group therapy. Group therapy offers opportunities to experience mutual support to share thoughts and feelings, enhance communication skills, learn of one's impact on others, improve interpersonal skills and self-esteem, and have authentic emotional encounters with others.

This professionally run psychoanalytic group is for adults dealing with general difficulties in living. If you are concerned that you are not doing your best in relationships or you are not enjoying life as fully as you would like, group therapy may be helpful to you. If you are missing a sense of connection or community, you might consider group therapy to identify roadblocks to greater satisfaction.

WHAT DOES THE PROGRAM INVOLVE?

Groups are composed of up to eight people who work together to identify and resolve barriers to achieving fulfilling personal relationships and life goals.

Groups meet once a week for an hour and a half.

A weekly fee of \$50.00 per meeting is required of all members.

An initial intake with the group therapist to discuss membership is the first step.

WHAT FACTORS LIE AT THE CORE OF THE GROUP'S POWER AS AN AGENT OF CHANGE?

Psychoanalytic group offers an emotional experience where members feel heard and understood. By providing opportunities to engage in social comparison and mutual support, they instill a sense of hope and decrease a sense of isolation. Groups also facilitate interpersonal learning, including guidance (direct instruction), feedback, identification with others within the group, and increased self-knowledge. Groups, when cohesive, also provide members with the social support they need to overcome the negative effects of stress, and they even satisfy members' needs for interpersonal intimacy (including catharsis, existential factors, and recapitulation of the primary family).

GROUP FACILITATOR:

Janet Oakes is an Internationally Certified Psychoanalyst.

She has twenty-five years of experience working in the mental health field as a Psychotherapist and Group Facilitator, in private, public and non-profit agencies.

Currently she has a private practice in Vancouver providing Psychoanalytic services and Art Therapy for individuals, couples and groups.

FOR INFORMATION, OR TO BOOK AN ORIENTATION/ASSESSMENT INTERVIEW, CONTACT:

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