

# **Making Connections:**

## **Group Therapy for Adults Seeking Emotional Health**

You are invited to consider taking time for yourself, to become more emotionally aware, and, to connect your feelings with your past or current experiences by joining this therapy group.

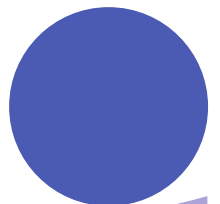
Being conscious of yourself, and how you connect with others, takes time and skill. These skills are learned within life experiences and can be further explored in group therapy. A small group is being formed to reflect on and restore healthy personal connections. Some topics to be explored might be;

- having a critical inner voice
- inability to speak up
- challenges with changes in health, work
- feeling anxious about your future
- difficulties in your relationship with others
- coping strategies that aren't helping
- gaining feedback from others in a supportive group

If you are ready to commit to improving your emotional health, then contact Ruth for further details and the necessary commitment to create a secure and confidential experience. The group will be meeting weekly on Wednesdays from 6 - 7:30 pm.

**Ruth B.Z. Thomson,** MSW, RSW  
CLINICAL SOCIAL WORKER

**204.471.1043**



**Calmer  
Confident  
Hopeful**

Individual | Group | Family | Couple Counsellor  
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# **Making Connections: Group Therapy for Adults Seeking Emotional Health**

## **Why a group?**

Group therapy offers a confidential setting to discuss and explore the multilayers of life. It provides space to reflect and speak freely about personal issues. Small groups create opportunity to build emotional strength, improve communication skills and forge a renewed sense of wellbeing.

## **Format:**

Group therapy has many benefits. In the context of the group there will be an opportunity to normalize the challenges of life and gain insight, inspiration or comfort from other group members. By voicing inner thoughts with others, a person will reconnect with their compassionate self and exercise their capacity to give as well as receive understanding for their own difficult times and grow emotionally stronger with the interpersonal feedback in the group. The therapeutic circle creates an opportunity for your self-care and to contribute to others.

## **Style:**

The therapeutic method of group therapy is a blend of psychodynamic, cognitive behavioural, and interpersonal process of the here and now of the group with aspects of mindfulness practise included. Each week the themes would be brought in by the group members according to what issues are at the forefront of their minds. Members learn not only to understand themselves but one another in the group.

## **Leader:**

Ruth BZ Thomson MSW RSW FCGPA is a clinical social worker in private practice. She is currently co-president for the Canadian Group Psychotherapy Association and a member of the American Group Psychotherapy Association. During her Masters of Social Work at the University of Manitoba, Ruth's interest in group dynamics expanded and she has become a skilled group therapist. She frequently presents at conferences, gives workshops and has taught group therapy in the Continuing Education Department at the University of Manitoba. Previously she offered group therapy at the St. Boniface Family Medical Centre. She is now facilitating these groups in her private practice.