

The Psychotherapy Clinic

PROCESS GROUP FOR PERSONAL & PROFESSIONAL DEVELOPMENT



WHAT IS A PROCESS GROUP?

Process Group is a powerful group for personal growth and change. It allows for encouragement, support, multiple perspectives and feedback from other members in a safe environment.

WHO IS PROCESS GROUP FOR?

It is for anyone who is looking for personal/interpersonal growth and connection. You just need to be yourself, recognize and learn to express reactions and feelings. Learn to give and receive feedback, be willing to be patient with yourself.



WHAT WILL YOU GAIN?

You will gain personal growth, greater self-awareness, insights, deeper emotional connections, wider perspectives about the various ways we relate to our inner world and how it's reflected in our relationships with others.

WHAT A PAST PARTICIPANT SAID

"The experience has not ended at the last goodbye; days after, I still find myself positively puzzled, cultivating and savouring clarity, awareness, and wholeness. Dr. Simon is highly skillful and capable of allowing things to happen and, when necessary, modulating tensions, conflicts, and harmonies, holding a space where everyone can verbalise and make sense of what happens in the here and now, an opportunity that we never take in the day to day life. A discovery that I recommend to anyone as a self-care practice; and nowadays self-care is not a luxury, but a necessity for well-being." - (Laura)



YOUR FACILITATOR

Dr. Simon Neo is a Certified Group Psychotherapist (CGP). In private practice since 2009, he is passionate about running groups, witnessing the power of change through groups and how groups engender instillation of hope as participants see others progress.

UPCOMING RUNS -MAR & APR

Date: 20 & 21 March 2021 (Saturday & Sunday)

17 & 18 April 2021 (Saturday & Sunday)

Time: 9am - 6pm

Venue: 69A Pagoda Street, Singapore 059228 (Next to Chinatown MRT Exit A)

Cost: S\$800 per pax



TO JOIN

An intake interview is required to ascertain suitability in joining the process group. Email or call us to arrange for a non-obligatory discussion.

CONTACT US AT

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