

Registration

Please complete the following and return it with payment to confirm your registration.

Name: _____

Preferred way to be addressed:

Date of Birth:

(day) _____ (month) _____ (year) _____

Address: _____

E-Mail: _____

Phone: (H) _____

(W) _____

Method of Payment:

Cash Cheque VISA/MASTERCARD

VISA/MC# _____

Expires: _____

Please check which session you are registering for:

Session #1

Session #2

**Registration Deadline for
Initial Session:
October 1st, 2023**

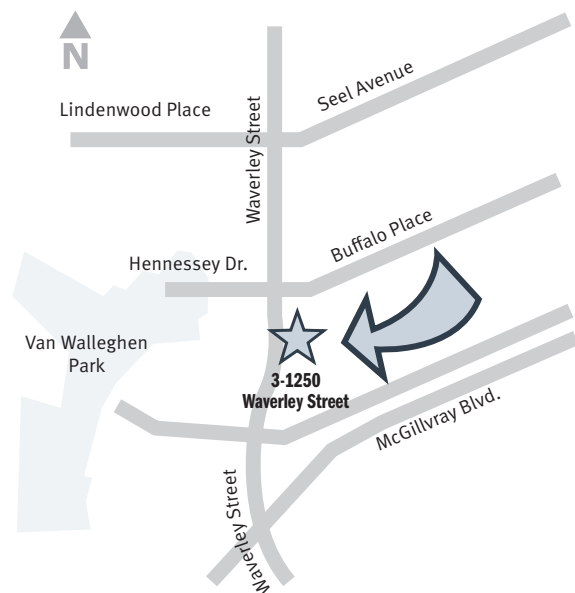
MIND MATTERS CLINIC

Assessment and Treatment of Children and Adults

Professional Psychologists, Social Workers and Counselors who are trained to assess and treat a full range of emotional, behavioural, academic, and relationship problems.

**3-1250 Waverley Street
Winnipeg, Manitoba
R3T 6C6**

**Phone: (204) 477-8555
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www.mindmattersclinic.ca**



**3-1250 Waverley Street
Waverley at Buffalo Place
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ADULT INSIGHT PROCESS GROUP

Ages 25-65



**mind
matters
clinic**

**3-1250 Waverley Street
Winnipeg, Manitoba
R3T 6C6
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Are you experiencing difficulties relating to others?

Are you seeking to better understand your relationships and gain insight into how you communicate?

Do you have difficulty handling conflict at home, or at work?

Do you struggle to find satisfaction and fulfillment in your relationships?

This group provides a unique opportunity for participants to delve into their interpersonal patterns, gain insights into their interactions with others, and develop healthier ways to navigate their relationships. Led by a registered clinical psychologist, this group offers a safe and non-judgmental environment for personal growth and self-discovery.

The Adult Psychotherapy Process Group is designed to be an interactive and collaborative experience. It typically comprises 6 to 10 members, allowing for a diverse mix of backgrounds, experiences, and perspectives. Group sessions are held once a week and last for approximately 75 minutes. The duration of the group process may vary, depending on individual needs and therapeutic goals.



Benefits of participating in the Adult Psychotherapy Process Group include:

Enhanced Self-Awareness: Group members gain insights into their thoughts, emotions, and behaviors within the context of their relationships, paving the way for personal growth and self-discovery.

Empathy and Compassion: Through active listening and open sharing, participants cultivate empathy and compassion for themselves and others, fostering a sense of belonging and support within the group.

Improved Communication: By exploring communication patterns and receiving feedback from others, individuals can refine their communication skills, leading to more authentic and effective interactions.

Resolution of Conflict: The group provides a safe environment to address and resolve conflicts, allowing members to learn from diverse perspectives and find constructive ways to navigate disagreements.

Reduced Isolation: Participants often find comfort in realizing that they are not alone in their struggles and that others can relate to their experiences.

Increased Self-Esteem: As individuals gain a better understanding of their strengths and challenges, they can develop a more positive self-concept and build self-esteem.

Confidentiality and trust are foundational elements of the Insight Group. Participants are encouraged to share their experiences openly, but they are also free to disclose only what they feel comfortable with. The facilitator ensures that all members adhere to strict confidentiality guidelines to create a secure and non-threatening atmosphere.



TIMES and DATES

This group will be offered on a rolling basis, beginning in October of 2023. To join the group, we ask for a six-session commitment.

TUESDAYS: 6:00-7:15

If you're interested in the Insight Group, we will schedule a brief call with Dr. Rossi so we can determine whether the group would be helpful to you.

COST:

\$130/session for each of the 6 sessions (\$780 total).

Individuals with extended Health Care benefits may be eligible for coverage. Check your benefits to determine whether you are covered by a "Registered Clinical Psychologist." Call us to determine how your coverage can be applied to the fees.