

Being & Becoming Yourself with Others

A Co-Ed Interpersonal Psychotherapy Group

Group psychotherapy is a proven method of working through difficulties in our relationships with ourselves, friends, family, and intimate partners, including struggles with:

*Depression | Aloneness | Social Anxiety | Conflict
Exclusion & Inclusion | Shyness | Competitiveness*

Wednesday Nights 5:00pm - 6:30pm
1738 Union Street, San Francisco

Fee: \$70/session

Contact: Yael Melamed
(415) 890-3034

Adults of any age, race, gender, identification, or sexual orientation welcome.

Participants will do preparatory work with the group leader prior to starting the group.

In this group you will be able to:

- **Deepen** your understanding of yourself to gradually heal patterns of relating that are holding you back from the intimacy that you want.
- **Learn** to more effectively communicate your feelings and needs.
- **Grow** your confidence, realistic self-esteem, and empathy for others.
- **Work through** gender dynamics that might be limiting you including those involving roles, stereotypes, beliefs, and identities.

Group Leader



Yael Melamed, MFT is a licensed psychotherapist in private practice in the Marina district. She studied Depth Psychoanalysis at the Jung Institute and has trained in trauma and systems work. Yael has extensive experience in groups, both as a group leader and a participant. She believes that groups offer a deeply healing environment, which complements and enhances individual therapy.

www.yaelmelamed.com

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LMFT #79282