

# 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**

Hybrid model with monthly in-person meeting  
at 10 Millwood Street, Mill Valley

Fee: \$90/session

Contact: Yael Melamed  
(415) 890-3034

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.

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### Group Leader

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**Yael Melamed, MFT** is a licensed psychotherapist in private practice. 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.

**Yael Melamed-Leadership Coach and Psychotherapist**

**[www.yaelmelamed.com](http://www.yaelmelamed.com)**

**(415)890-3034**

**LMFT #79282**