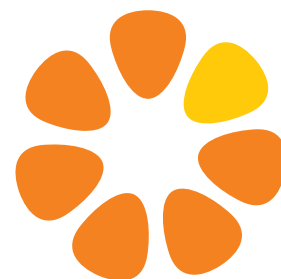


Self-development and therapy group



For Foreigners living in Bratislava

Group setting is a powerful and proven form of self-development. Interactions with people can help us to understand how others perceive us and change how we relate to the others.

In safe environment, members of the group will get better understanding of their emotions, communication style and will be able to reflect on their relationship patterns. They will try new ways of interacting with others.

New group starts on Thursday, January 26, 2023 from 18:30 to 20:00 and then every second Thursday at the same time on the premises of the creative center Vitaja at Gunduličova 8, Bratislava

For whom:

8-12 English speaking women and men, suffering from

- Anxiety, sadness, isolation, loss
- Difficult time period in life
- Pressure and stress at workplace
- Looking for support, understanding and balance

What we offer:

- Supporting and safe environment, space for sharing
- Understanding of own emotions and relationship patterns
- Learn from other's experience
- Explore your resources and strengths

Fee: 25 EUR/session, 200 EUR for 12 sessions. Group will be open if min. 6 persons apply
Contact: Mgr. Petra Fürbecková, +421 905486709, petraf@live.com

About us:

Mgr. Petra Fürbecková

Psychologist, working with individual clients and groups using analytical (Jungian) approach.

Petra's professional interest is in topics of life and relationship crisis, trauma, depressive and anxiety disorders and psychosomatic problems. The Jungian analytical approach is characterized by individual approach and respect for finding for their own path to wholeness.

MUDr. Peter Šebo

Medical doctor in Psychotherapy training at IAPSA Psychoanalytical Institute. Committed to self-knowledge and development. Our relating to others can be the source of major struggle as well as satisfaction. Group therapy poses both challenge and support in safe and transformative environment.