



LOOKING FOR MORE GROWTH IN YOURSELF AND WITH OTHERS?

*Process Group may be
what you need*

WHAT IS A PROCESS GROUP?

Imagine this. A group where the standard rules that govern 'polite' social interactions are intentionally put aside so that we can may way for authentic and honest conversations.

A Process Group is a safe environment for us to identify and explore feelings and, practice new, healthier and more intimate ways of relating to others and self.

WHAT CAN YOU GAIN FROM IT?

- Experience healthy emotional intimacy in relationships
- Wider perspectives on how we relate to our inner world and how it's reflected in our relationships with others
- Heighten awareness of how we may sabotage our connections to others
- Enhance self-awareness, increasing confidence and develop communications skills

YOUR FACILITATORS



Dr Simon Neo

*Certified Group
Psychotherapist (CGP)*

*Founder of The
Psychotherapy Clinic*



Magdalen Cheng

Existential Psychotherapist

*Founder of Encompassing
Psychotherapy and
Counselling Pte. Ltd.*

Choose A Date to Join Us
For a Preview!

**Date: 6 or 27 Feb 2021,
Saturday**

Time: 2pm-4.30pm

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

Cost: SGD 50/pax
*Form a group of 3 or more &
enjoy a discounted rate of
SGD 30/pax*

REGISTER NOW
Scan or email us.



CONTACT INFORMATION

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