



Mental
Wealth
Therapy

Newsletter

Issue – February, 2015

YOUR LIFE CAN BE DIFFERENT..

NEWS

The Confusion about Group Work

By Karina Stell

The biggest challenge we face as therapists holding and facilitating Groups, is letting people know what Group is really all about. Daily we hear of the difficulties people face in feeling stuck and trapped along with the ongoing struggle of trying to find someone to talk to and to understand.

Unfortunately, Group Work is perceived as being for the mentally ill or those who are 'broken'. Thankfully those who filter through to us, either already know or in time, learn very differently.

Group is for everyone. I feel strongly that it is an experience that benefits and enriches. It has the ability to lead us to truly understand what goes on for us, how to be our best selves and how to really connect with others and discover meaningful choices.

When people first come to Group, it is usually because they have a sense of flatness in their lives and want something different. They want to feel more alive and more connected with

themselves and with others. And they already know that their strategies of coping with life, have largely been ineffective.

They are tired of the repetitive cycles and 'failures'. And it becomes all too apparent that doing the same thing brings them to the same place. By then, some have begun to turn to their 'drug' of choice, be it sex, alcohol, internet, drugs, food, in order to escape from their life.

How do we reframe "What Group is all about?" so that those seeking change know where to find help? It's a hard question and we hope by our entry into Social Media, we can help people understand there is a soft place with others who struggle just as they do – just being human.

I guess, we also rely on our members to speak of their own experiences about Group with their friends and family. To talk about what Group has meant to them with those that notice the change in them.

How many times Michael and I have heard clients say "I wish I had known this was around a long time ago". It's painful each time we hear it as we recognize the need.

So, Group is about Life Change! Not because **we** change you, but because through getting to know and understand yourself better, you find your way in life and choose what it is that holds meaning for you.

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HAVE YOU BOOKED FOR NVC YET??

Please let Michael know if you are wanting to book for the NVC workshops as soon as possible. Places are filling up. Thank you. 0413-947582

2015 – Nonviolent Communication Workshops

Part One – Sunday 22nd February 2015

9am -4pm (lunch from 12.30pm – 1.30pm)

Part Two – Sunday 1 March, 2015

9am -4pm (lunch from 12.30pm – 1.30pm)

Prices for attendance are as follows:

Students/Pensioners - \$40/day session

Group Members - \$80/day session

Non-group Members - \$150/day session

Please log onto the website at www.mentalwealth.com.au and download and print the booking form from the Upcoming Events tab. If you could then fill in and return to Michael or Karina with your proof of payment, we will confirm your booking.



New Group * New Group * New Group

Owing to continued requests, we are starting a new **Thursday Morning Meditation Group**. Why not join us and start your day with a guided Mindfulness Meditation.

Not too early/not too late - a 7.00am start at 128 Clyde Street. Mindfulness has been the buzzword for the last 15 years or so and it has become mainstream for about 5 years.

So what is it? Well, a simple Google search will turn up any number of great explanations, better than I could offer in a few sentences.

But a chance to share in a practice on a regular basis with a short Dharma talk...

Learn how to develop your own mindfulness practice by dedicating half an hour twice a week to this group mindfulness practice.

Cost is \$20/week.

Just your commitment to this early morning time on a regular basis just for yourself has tangible benefits.

You are invited to come and have a look.

Just a thought. See how it sits with you.

0413-947582 to book

Cancer Support Groups

As promised, next month we will be starting to advertise these new Groups. **Please let Michael know** if you know someone who may be interested. 0413-947582



1. Post treatment patients
2. Families of patients undergoing/finished treatment.