

# Interpersonal Psychotherapy Group

A psychotherapy group for men and women looking to improve their understanding of themselves and relationships with others.

**When:** Mondays from 4-5:30PM, starting in the fall.

**Where:** 110 Allens Creek, Suite 222, Rochester, NY 14618

**Contact:** Elizabeth Young, Psy.D. at 585-703-1352 or [eyoungpsyd@gmail.com](mailto:eyoungpsyd@gmail.com)

**About the group:** This group is intended for those having difficulty with:

- Anxiety
- Depression
- Isolation
- Interpersonal Relationships

Group provides a secure space for you to learn with and from other people about:

- 1) your own patterns of thought and behavior
- 2) how expectations and patterns of engaging can help you or get in your way
- 3) how others affect you, and how you impact others
- 4) ways to have more meaningful and satisfying relationships

Group members will work to express their own thoughts, feelings, and reactions as freely and honestly as possible. There will be guidance so that the exchange remains helpful, constructive, and progressive.

The psychotherapy group is different from support and self-help groups in that it not only can help people cope with life's challenges, but also helps you develop a more accurate and helpful picture of yourself in relation to others. Potential group therapy benefits include deeper self-knowledge, more authentic and connected relationships, decreased shame and isolation, and the development of self-compassion and self-acceptance.

**About the leader:** Elizabeth Young, Psy.D. is a Licensed Psychologist with over 20 years of experience, and specialized training through the Rochester Area Group Psychotherapy Society and the Center for Group Studies in New York City.

**Please contact Dr. Elizabeth Young to schedule an intake meeting prior to attending the first group.**

**Cost:** \$60 per group session. I will provide any documentation needed for you to seek reimbursement. You may be able to use your HSA/FSA to cover the cost of group psychotherapy.