



Emotional Communication Psychotherapy Group



Laura L. Young, LCSW-R, CGP
Individual, Couple, Family & Group Therapist
Strengthening Individuals, Couples and Families

- ▶ Tuesday Evenings 5:45pm to 7:15pm ◀
- ▶ Tuesday Evenings 7:30pm to 9:00pm ◀

Group Goal(s)--As a group member you will:

- Manifest patterns of healthy self-assertion
- Learn about yourself through the eyes of other group members
- Identify and communicate to the group your feelings and understand why you are having them
- Recognize maladaptive coping mechanisms. These coping mechanisms may have been helpful in your past but may no longer be useful and may actually be impeding you from establishing and maintaining more intimate/close personal and professional relationships.
- Experience the group as a microcosm of the world, discover how you are perceived by other members in a safe environment.



Group Benefits Include:

- Increase self-esteem, self-confidence and/or assertiveness.
- Relationship building skills—both personal and professional.
- Enhance feelings of connectedness to others.
- As a Supplement to 12-Step Recovery.
- Heal co-dependency (ACOA) issues.
- Augment skills of self care
- Make and maintain boundaries.

Laura L. Young, LCSW-R, CGP received her Master's Degree from Columbia University of Social Work and has advanced training in working with Couples, Families and Groups. She is particularly adept with substance abuse issues, depression, anxiety and relationship concerns. In addition, she is the co-author of the book, Making Contact: The Therapist's Guide to Conducting a Successful First Interview (Allyn & Bacon, 2006).

★CALL FOR A CONSULTATION★

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