

Interpersonal Therapy Group

Are you interested in improving your relationships with other people?

Would you like to address feelings of social anxiety, awkwardness, loneliness and/or isolation?

Are you interested in finding out more about your impact on other people and the ways you communicate with them?

Group Therapy is an incredibly powerful way to address these questions and to develop more interpersonal skill & confidence. Groups allow us to explore patterns of relating as they emerge in the here-and-now. Since groups become a microcosm for what happens in our outside lives, they provide the opportunity to see old patterns as they emerge and to experiment in a safe space with new ways of being and communicating with others.

Group Leaders	Angelo Ciliberti, MA LPC CGP & Liz Stewart, APSI
Type of Group	Ongoing Here and Now Process Group
Day of Week	Wednesday Evenings
Time Frame	6:15 pm - 7:45 pm
Length of Group	1 hour 30 minutes
Cost	\$50 per session
Frequency	Weekly
Location	948 North Street, Suite 2 Boulder, CO 80304
Tele/ Contact	Angelo Ciliberti: 303-949-5577