

THERAPY GROUP

Are you experiencing self-criticism and feel like you are not good enough?



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BUILDING SELF-ESTEEM AND SUPPORTING SELF-ACCEPTANCE GROUP

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BUILDING SELF-ESTEEM AND SUPPORTING SELF-ACCEPTANCE GROUP

Low Self-Esteem and Low Self-Confidence can be at the centre of a lot of difficulties for people.

Whether it's getting anxious about decisions, feeling low and 'not good enough', or putting others' needs ahead of your own.

Our Building Self-Esteem and Supporting Self-Acceptance therapy group is one of our most longstanding and successful groups – running for more than 11 years.

What to expect in the sessions

Over 12 sessions, there will be a combination of group discussions, presentations by an experienced therapist and working through effective strategies to improve self-esteem and self-acceptance.

We have two different versions of the group: in-person and online. And although participation is recommended for you to get the most out of the group, it's OK to take a few sessions to settle in.

Who will benefit

Commonly, people with low self-esteem see themselves as inferior or not good enough. They may have difficulties in making decisions or being assertive. And there is often a lot of internal self-criticism and negative thinking.

If you relate to any of these things, there's a good chance the group is not only for you, but also that you'll find some benefit from it.

Session content

The group sessions work through an evidence-based programme of therapy interventions – all designed to help you challenge negative thinking and behaviour, whilst finding ways to acknowledge your strengths and value.

Benefits of group therapy

- Share experiences and gain support from others who understand what you're going through
- Learn practical skills that you can apply in your daily life to improve self-esteem
- Working in a group can boost your motivation and commitment to making positive changes
- Regular sessions and homework assignments help keep you on track
- Engaging in meaningful activities and achieving goals can lead to significant improvements in confidence and overall well-being

For more information, phone **01924 234 860**