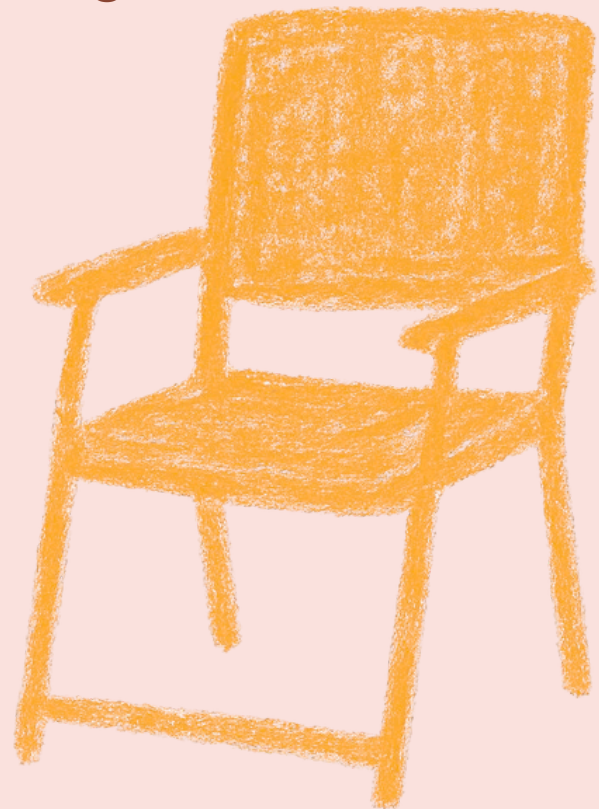
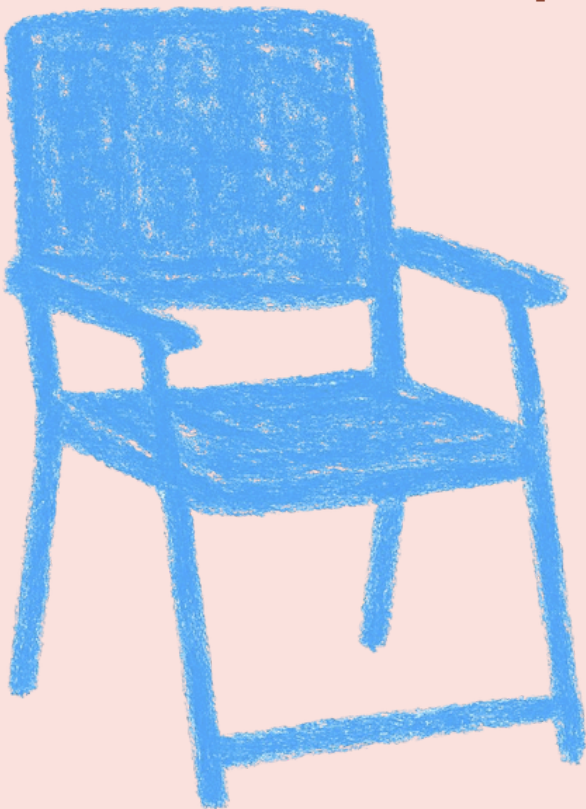




Recruitment **PROCESS GROUP**

**Exploring connection, feedback,
and interpersonal growth.**



SATURDAYS

10-1130am

**5th September -
24th October 2026**

What is a process group?

A form of experiential learning where you learn through active participation. There is much opportunity to observe and reflect on your interpersonal behaviours, which is supplemented by feedback from the group therapist and fellow group members. A space to enhance healthy communication skills.

Who is this for?

Young adults (18 +)
Would like to have interpersonal flexibility
Wish to work on interpersonal struggles
* existing + potential clients *

Benefits and Learning Objectives

- ✓ Experiencing support
- ✓ Confidence in expressing yourself
- ✓ Respond more effectively and calmly in conflicts
- ✓ Increased awareness of personal impact on others

What to expect during sessions

At the pre-group individual session, you will discuss and set some personalised interpersonal goals with the group leader. Subsequently, in the group sessions, you would be working on these goals through real-time interactions, support, and feedback. You will also gain deeper insight into thoughts, feelings, and relationship patterns in the here and now. Lastly, at the post-group individual session, the group leader would review and consolidate the gains you have experienced during the program.

Flexible payment options

1. Pay in full
 - 1x payment for full group programme, due 2 business days after the sent invoice
2. Pay per session (credit/debit card charged after every session)
 - Card placed on file

EARLY BIRD:

\$1200
* until 10th July *

STANDARD:

\$1400
(\$175 per session/client)
* after 10th July *

Event timeline





Meet Shi Min !

A registered Clinical Psychologist
with the Singapore Psychological Society

A Certified Group Psychotherapist
with the America Group Psychotherapy Association (AGPA)

A group psychotherapy specialist and member of the Science
to Service Taskforce at AGPA. Book chapter author for Group
Psychotherapy Assessment and Practice.

An Associate Lecturer at Nanyang Technological University

An advisor at Calm Collective Asia

“Why group therapy?”

Personal problems are often interpersonal in nature. In your daily life, you may have repeated struggles in relationships with family, friends, and co-workers. Group therapy gives you a SAFE, confidential setting to receive honest, corrective and constructive feedback about how you come across to others, and experiment with new, healthier forms of interpersonal communication.

“I do not feel comfortable talking in a group or sharing my problems with people I do not know.”

Most people are anxious about talking in a group. However, almost without exception, people find that they do begin to talk in the group within a few sessions. Other group members remember what it is like to be new to the group, so you will get a lot of SUPPORT to begin talking in the group.

“Hearing other member’s problems will make me feel or get worse.”

Group can help you learn to sit with others who are suffering, as well as increasing tolerance of your own suffering, in a way that is compassionate and helpful. Hearing other’s experience can also be uplifting, provide hope and inspiration, and provide relief as you recognize that you are not alone.

“What about confidentiality?”

Groups are private and confidential; that is, what members disclose in sessions is NOT shared outside of the group. The meaning and importance of confidentiality are reviewed with group members at the first meeting.

“Isn’t individual therapy better? If I am in group, I will not get enough attention or may not get my needs met.”

Group therapy offers other advantages and can be very effective as well.

FIRSTLY, group members are often surprised by the material they can cover in group or how their needs are frequently met even when others are speaking. Being open to recognizing how your own experiences may be related or how you can connect with another member can also help you to learn from others and facilitate personal growth.

SECONDLY, group members have found the group setting and diversity of personalities helpful in eliciting their own similar difficult emotions and interaction patterns that are like their real-life problematic interpersonal patterns.

Group members are able to practise their new skills in a group setting which allows more generalization compared to a dyadic setting in individual therapy. If you feel that not getting your needs met is a pattern for you, you can experiment with ways to get your needs met in group. This may include asking the group for what you want or sharing your concerns regarding an issue aloud.

Register Here !

