

Group therapy for personal and professional development

Facilitated by **Manu Bazzano** in London W1

Author, Psychotherapist, Meditation and Group Facilitator

the grove

Discovery Group | London

Join this group if you would like to address what may get in the way of a more fulfilling life: anxiety, low mood, and ways of relating to others.

A fresh, modern and accessible therapy group for professional people who are facing challenges in life.

Who are you, really? Are you your 'self-image'? Are you the things you do – your job, your relationships, your likes and dislikes? Are you your 'problems'? And how are you with others? How do you imagine others cope? What hinders you from becoming yourself? Did all the 'right things' in life but can't work out what's missing? Have trouble finding fulfilling relationships? This weekly group will have one focus: the discovery of yourself.

Benefits you can expect from attending the Discovery Group

Commonality - our group helps to raise self-esteem by removing any sense of isolation.

Encouragement - seeing that others have been in situations where you find yourself right now can offer hope at difficult times.

Development of new social skills - experimenting with the way in which you interact with others in a safe, supportive environment will help you build confidence and expand your relational range outside of the therapy sessions.

Inter-connectedness - humans are co-operative by nature. Being a part of a cohesive group offers a sense of belonging, acceptance and validation. Working through issues in a group setting is inspiring and life-enhancing.

Immediacy - sharing one another's experience helps us learn about our freedom to make choices and to take responsibility for our actions.

Interpersonal learning - interacting with others, giving and receiving feedback will help you realize greater self-awareness. Understanding how we are in the world is often the first step to change.

Empathy - you might be able to offer help or advice to other members. This sense of altruism can help you develop your own interpersonal skills.

"A person's maturity consists in having found again the seriousness one has as a child at play (Nietzsche)".

Manu Bazzano is an author, psychotherapist and supervisor in private practice. He has studied eastern contemplative practices since 1980, then in 2004 was ordained in the Soto and Rinzai traditions of Japanese Zen. A primary tutor at Metanoia and visiting lecturer at Roehampton University, he facilitates seminars internationally.

His books include: *Buddha is Dead* (2006); *Spectre of the Stranger* (2012); *After Mindfulness* (2013); *Therapy and the Counter-tradition* (2016); *Zen and Therapy* (2017) and the forthcoming *Nietzsche and Psychotherapy*.

He is editor of *Person-Centered and Experiential Psychotherapies*, and associate editor for *Self & Society – International Journal for Humanistic Psychology*.

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More about The Grove

The Grove is a long-established psychotherapy practice in the heart of London's west end. The therapy practice develops the potential of our clients; while our bespoke human development courses are delivered in-house to organisations. We also support the development of skilled therapists through The Grove's programme of CPD courses (continuous professional development).

Investment and commitment

£75 per 1.5 hour group session, payable online in advance. To benefit fully from the group process, a 10-week commitment is recommended.

How to enrol

Please email info@thegrovepractice.com or call 020 7637 7767

Timing & location:

The group meets weekly on Thursdays from 6.30pm-8pm in a pleasant seminar venue at a Mayfair hotel, London W1 (details confirmed upon enrolment).

Visit us at:

www.thegrovepractice.com/gdg

For further information or to discuss your interest in the Discovery Group, please email:

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Clinical Director: Sarah Briggs | sarah@thegrovepractice.com

Practice Manager: Caroline Plumer | caroline@thegrovepractice.com

Abiding by the ethical codes of BACP and UKCP

