

Women to Women

I have been practicing as a clinical social worker for over 30 years. I conduct groups for women who wish to be in a supportive atmosphere surrounded by other women interested in improving their emotional and physical health.

Having actively participated in modern psychoanalytic groups as part of my training, I have both witnessed and experienced how group is a powerful agent for change. As group members learn to recognize and use all of their feelings and to put all of their feelings into words, their capacity deepens to form meaningful human relationships, as well as to make rewarding and productive life changes and commitments. Louis Ormont, the founder of Modern Group Process stated that "...those successful in group are successful in life".

The groups meet bi-weekly and provide a safe space to share and explore thoughts, feelings and beliefs. Research has shown that the more that one talks about their thoughts and feelings in a non-judgmental, safety and supportive atmosphere, the healthier the individual will be.

For more information:

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