

Dr. Beth Sikora, Ph.D.
The Wholeness Institute
6501 E. Greenway Parkway, #103-529
Scottsdale AZ 85254
602-508-9190

Now Forming:
Mixed Adult Bipolar Therapy Group

Thursday Evenings, 6-7pm
10 Week Group Beginning November

This is a new group forming for men and women from 35 to 60 years of age who are struggling to understand and manage Bipolar I or II. Most appropriate referrals have been on medication and are generally stable.

This group experience will:

- Clarify the difference between the diagnoses and individual cycles and what that means
 - Learn to track your cycles more effectively
 - Improve life management skills
 - Address goal setting
 - Provide mutual support and understanding
- Discuss friend and family responses to them and how to improve relationships
- Consider employment issues related to symptoms and ways to overcome them

Please make referral to Dr. Beth Sikora at 602-508-9190
Initial 1 Hour Evaluation Required Prior to Group Attendance

1 Hour Evaluation - \$100 - New Clients Only
10 Groups @ \$35 each
No insurance will be billed for these groups but a super-bill is provided

Feel free to call for information and also see website at www.drbeth.biz for more information about Dr. Sikora