

GROUPS AT THE TRANSFORMATION INSTITUTE

Solutions • Support • Success

Men's General Therapy

The general therapy group is a **process oriented** group that empowers members to work through blockages to living they may be struggling with. **Solutions and support** are offered to deal with defensiveness, addictive and co-addictive behavior, difficult life issues, and unresolved trauma. A minimum commitment of ten sessions is required.

Men's Anger Management

Rage intervention strategies, healthy expression of anger, emotions education, trigger awareness... these, and more, are the topics covered in the men's anger management group. **Learning and solutions** are the focus. A firm commitment of ten sessions is required.

To schedule an appointment, or make a referral contact:

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