

Fortnightly - Wed Evening

# Gestalt Group

For

Personal Development

7.30 p.m. - 9.30 p.m.

Run by

**Jim Robinson**

Gestalt Psychotherapist (AHPP, BACP, UKCP)

This group is open to those with some experience of therapy

Are you interested in developing your potential and understanding yourself better? A group is an excellent place to meet the challenges of growing into those parts of ourselves that one to one therapy finds hard to reach.

Gestalt focuses on exploring, in as much depth as possible, our here and now experience. We all have much wisdom, so whatever is right in front of us, is what we need to give attention to.

Place - Withyham, East Sussex, TN7 4BP - Cost £25

For further details & Dates - [www.jim-robinson.co.uk](http://www.jim-robinson.co.uk)

Phone 07785 183213 01892 770463 email [jim@jim-robinson.co.uk](mailto:jim@jim-robinson.co.uk)

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