

Telling Yourself The Truth

8 Week Group for Women

**Learn how to apply Misbelief Therapy
to Free Yourself from
Depression – Anxiety – Fear – Anger - Perfectionism
and Other Common Problems**

Group starts: Week of February 20
Meeting Times: 8 Monday mornings OR
8 Tuesday evenings
Group Fee: \$25 per session + \$8 for workbook
Workbook includes study guide

Group size limited to 4-6 women.
Everything discussed is confidential.

As a marriage and family therapist intern, Yolanda Gorick has more than 15 years experience facilitating groups using creative journaling techniques. She has a passion to help women identify, challenge and replace misbeliefs with the truth. *“My greatest joy is seeing a woman emerge from the process of healing for past hurts and loss with newfound confidence to pursue her dreams and goals.”*

After a failure or disappointment, have you thought: “Boy, what a fool I am!” “Why should I keep trying?” “My life is hopeless.” In this 8 week group, you will use creative journaling techniques to identify and change negative self-talk about yourself, others and your future. Join us in this lively, empowering process of emotional freedom from misbeliefs!

Yolanda Gorick, IMF #57063

Supervised by G. Keith Olson, PhD. MFC 6022

Center for Enriching Relationships

2525 Camino del Rio South, Ste. 315

San Diego, CA 92108

619.858.3105 x136

ygorick@Enrichingrelationships.org