



# *Self Discovery group*

*with LYDIA STERRY  
B.A (Hons) M.A*

Opportunity to **GROW**

**CONFIDENTIAL & SUPPORTIVE**  
WITH NO MORE THAN  
TEN OTHERS

Runs FORTNIGHTLY on  
Mondays at 6.00 - 8.00pm

**(Next start date to be confirmed)**

**LOW COST** at \$60 per person, per  
session over a 12 week period

Based in **MIRRABOOKA, Perth**

**A UNIQUE OPPORTUNITY**

**TO WORK WITH A FORMERLY  
LONDON BASED TRAINED  
EXISTENTIAL PSYCHOTHERAPIST**

**A WEALTH OF EXPERIENCE WORKING WITH  
PERSONAL DEVELOPMENT GROUPS THROUGH SELF  
AWARENESS AND SELF EXPRESSION.**


This GROUP is designed to  
give you a chance to  
understand how you really  
INTERACT in a group with  
others.

Know you are in safe  
hands with an accredited  
and experienced psycho-  
therapist who has over 15  
YEARS in the industry.

**TOPICS** involve exploring:

- ~ our OWN unique interactions
- ~ how we're perceived and EXPERIENCED by others
- ~ Insightful feedback
- ~ Other relevant therapeutic material

The goal of our work together  
is to identify our limiting  
patterns and beliefs ABOUT  
OURSELVES to enhance our  
interpersonal relationships.

 progressive  
process.com.au

**TEL: 0421540798**

**EMAIL [PROGRESSIVEPROCESS@LIVE.COM.AU](mailto:PROGRESSIVEPROCESS@LIVE.COM.AU) TO REGISTER**