

Comprehensive Group Therapy

Offered By:

Therapy In Motion

Overcome trauma, guilt, fear and/or procrastination by creating a new habit. Join a fellowship of like-minded individuals looking to overcome, "bad habits."

Learn, via group therapy, how to overcome old self-destructive vices and bring into your life adaptive habits.

Bring to light the pattern of thinking that leads to compulsive self-destructive behavior using the groups DBT, CBT, Bowenian Family Therapy, and Reciprocal Learning Therapy model.

"The Habit," is a group suggested to those who struggle with trauma and or compulsive: eating, procrastination, hoarding, anxiety and/or mal-adaptive relationships. It works to create new adaptive habits to those who struggle with compulsive behavior.

Veterans encouraged. Paid for by Community Care via VHA!!!

\$20 for uninsured. Female Groups are offered, census permitting.

Call 424-866-8466 or email Hello@therapyinmotion.care

THE HABIT

"Dedicate yourself to The Habit"



Who am I?