**A Therapy Group for Professionals**

This is a new, online analytic group for professionals seeking to engage more authentically with their personal and professional selves.

*“You bare your heart and share things that you wouldn’t under normal circumstances. You get to know each other very well, very quickly. There’s that sort of intense, shared experience that comes from speaking to each other’s lives.”*

*(Sarah, medical director)*

Designed for professionals who work in health and other human service organisations, this group focuses on the emotional needs of staff who work in emotionally demanding settings.

Working in these caring professions often present immense challenges that, over time, affect both personal and professional lives.

This unique therapy group for professionals creates a confidential environment for a group of peers to explore and develop meaningful change in their lives.

*“This was really powerful because you feel able to tell the truth to yourself. I needed to deal with this because you keep quiet about things you regret… I could finally open up and clean up my act. So this has changed me”*

*(John, school principal)*

Aimed at a diverse range of staff and levels of seniority across health, social care, education, and related settings, the group is intended for post-qualification professionals.

Held online on Thursday evenings (AEST) via Zoom, it is open to people across Australia and internationally.

The group is conducted independently and will operate sliding-scale group membership fees. It is not intended for Medicare or other health insurance cover.

New members may join and leave the group once they feel the time is right, usually ranging from around six months to potentially several years.

If you are ready to create meaningful change, or for further information, please email or call Prof Michael Fischer to arrange a confidential conversation.