

Process Group

... for personal growth and self-care



You will gain greater self-awareness, insights, deeper emotional connections, wider perspectives about the various ways we relate to our inner world and how it's reflected in our relationships with others in a safe environment.

UPCOMING SCHEDULES

Dec'21 : 11 & 12	Full
Feb'22 : 19 & 20	Full
Mar'22 : 19 & 20	4 slots
Apr'22 : 23 & 24	Avail
May'22 : 21 & 22	Avail

Register your interest via this

[WhatsApp Link](#) now

“Participation in the process group was a significant step to help myself sort out my private thoughts and affirm my values. The intentional environment, stories shared and insights gained through the interaction with the participants and facilitator gave me a glimpse of how I can be in charge of my life and live every day victoriously. Thank you, Dr Neo for providing this powerful platform for anyone who is willing and bold to be a better version of oneself!” – DK's testimony

About the facilitator

Dr Simon Neo



... is a Certified Group Psychotherapist (CGP) and has been in private practice since 2009. He is passionate about process groups and has witnessed the power of change, and how groups engender instillation of hope as participants see others progress. Read more about him : <https://bit.ly/3naRiAP>

FIND OUT MORE



<https://bit.ly/3orBclR>

ThePsychotherapyClinic.com.sg

69A Pagoda Street Singapore 059228 | +65 8828-4006