

Gestalt Therapy Groups

Personal Growth Group

For over thirty years, IGI has conducted Personal Growth Groups. Men's Groups, Women's Groups and Co-ed Groups are offered throughout the week and, at times, on the weekends.

Thursday Evening Co-ed Group (Every Other week)

6:00 to 8:00pm

\$70.00 per session

10 week commitment

Friday Evening Co-ed Group (Every Other week)

4:15 to 6:15pm

\$70.00 per session

10 week commitment

Integrative Supervision Group

The second Monday of every month from 9:30am to 11:30am, we share our cases and ourselves with one another.

Synergy, creative treatment planning, and a warm and respectful environment provide advanced training for the new and seasoned therapist. Cost: \$35 per session

Therapist Support Group

An exciting group for therapists and other persons in the helping profession. This confidential group provides the space and time to refresh and replenish ourselves within a supportive, sometimes challenging and always respectful group of peers. Come and join us for personal growth and professional enhancement.

3rd Friday of month: 1:30 to 4:00pm

Cost: \$85/group/12 month commitment