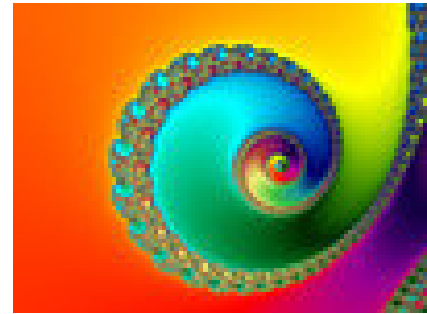


PSYCHOTHERAPY GROUPS FOR MEN AND WOMEN



- Do you feel isolated or wish you had a place to be yourself?
- Do you wish you had a group of peers who could identify with your struggles, celebrate your victories and give you candid feedback?
- Is it challenging to sustain your momentum toward goals?
- Do you need a place to discuss relationship and intimacy issues?

In these groups you will have the opportunity to:

- ✓ Reflect on how past experiences affect your present circumstances
- ✓ Gain insights about self-defeating behaviors
- ✓ Challenge yourself to express feelings and needs more clearly, while proceeding at your own pace in a supportive environment
- ✓ Make changes that may result in more satisfying relationships and greater personal & professional well-being



When: Women's Group Tuesdays 6:45-8:00 PM
Co-ed Group Tuesdays 8:15-9:30 PM

Where: 200 Great Rd. Suite 232, Bedford, MA (near the CVS & Whole Foods Mkt.)

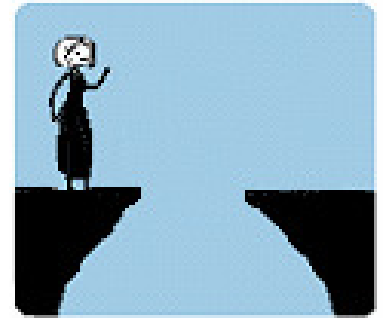
Registration is limited. To sign up or for more information please call 781-275-1800

Dr. Naomi Dogan is a licensed psychologist in Bedford, with over 15 years of experience as a clinician. She helps clients identify their personal and career-related challenges, build upon their strengths, and stay focused on making constructive life changes. Dr. Dogan helps clients address life concerns & make positive changes in their lives and relationships. She provides clients with a respectful and affirming environment in which to explore issues related to sexuality and sexual orientation. Dr. Dogan has been a member of Bedford's Diversity Task Force and has served as a volunteer trainer for its business diversity training program.



MIND THE GAP

A Group For Psychologists-in-Training Between A.B.D. (All-But-Dissertation) Completed & Gainfully Employed Licensed Psychologist



The objectives of this ongoing group are to provide:

- 1) Unstructured psychodynamic processing of current feelings and experiences
- 2) Cognitive-behavioral coaching to help participants:



- Define specific, realistic career goals
- Identify roadblocks and develop strategies to sustain momentum toward meeting goals
- Discuss the practical realities of passing the licensing exams and finding a job or post-doc position
- Share knowledge, professional information and resources
- Create a supportive community to decrease the frustration, isolation, & vulnerability that can be experienced in this stage
- Inspire one another and celebrate victories along the way

3) Reflection & Visioning: Review the aspirations and life experiences that led to choosing this career path. Examine the personal costs and benefits experienced while on the road to becoming a psychologist. Witness one another's dreams and ambitions for a fulfilling career and life.

When: Time & Day to be determined. The group will meet twice per month.

Where: 200 Great Rd. Suite 232, Bedford, MA (near the CVS & Whole Foods Mkt.)

Registration is limited. To sign up or for more information please call 781-275-1800

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