



Group Psychotherapy

I offer psychotherapy groups to medical and mental health professionals around Portland. A PGP process group affords you the rare opportunity to connect deeply with others who understand the challenges of working in the field.

Leadership Style

I will be using an approach called Contemplative Psychotherapy. This modality is less concerned with interventions and more oriented towards remaining curious and compassionate towards whatever is arising. My group leadership style is also influenced by the Modern Psychoanalytic approach. This is consistent with Contemplative Psychotherapy in that it emphasizes the here-and-now, emotional awareness and relational dynamics.

About the Leader

I have a deep passion for process groups. I have conducted an average of three process groups per week over last decade. I have supervised and taught therapists on how to effectively lead process groups. I continually engage in my own group therapy through the American Group Psychotherapy Association, The Center for Group Studies and The Puget Sound Group Psychotherapy Network. I love what happens in groups and want to share that passion with you.

Pre-Requisites

These groups require a certain level of ego strength as you will eventually be tapping into deeper states of mind. The applicant will have previously engaged in some individual psychotherapy.

Logistics

A PGP Process Group consists of 7-9 group members with other medical and mental health professionals. We will meet every week for 75 minutes with occasional holiday breaks. Typical group times are 8:30-9:45, 12:15-1:30 or 4:15-5:30. We will not meet during the month of August to give everyone a chance to enjoy the magnificent Portland summer. Group members can re-assess every summer whether they want to continue in the group. My fee is \$55 per group.

Please contact me at 503.757.3141 or sean@pdxgroups to schedule a free 30 minute consultation to see if a process group is right for you.