

Speak Up, Be Heard, Connect!

Develop your social strengths and learn to express yourself with clarity and ease

Join this exclusive group psychotherapy program –

Designed for self-payers (total €1250, incl. 1:1 pre-consultation)

Why choose this group on Fridays 9:00-10:40am?

- ✓ 16-week journey with 100 minutes of guided group therapy each week
- ✓ Intimate and supportive setting with 2-9 participants for personalized attention
- ✓ Expert guidance by a licensed psychological psychotherapist specialized in Cognitive Behavioral Therapy



From small talk to tough talks – Your social skills journey:

- ✓ Meet your group and clarify your individual goals
- ✓ Psychoeducation on social skills and different contexts
- ✓ Exercises on making contact, small talk and self-disclosure
- ✓ How to make requests and saying „no“ confidently
- ✓ Giving constructive feedback and receiving feedback openly
- ✓ Conflict resolution skills
- ✓ Daily life practices accompanied by joined group reflections

Interested to grow together?

Feel free to reach out to get more information and save your spot.

Dr. Daniela Conrad

Psychologische Psychotherapeutin (VT)

Pfarrstraße 110

10317 Berlin-Lichtenberg

0152 59351291

psychotherapiepraxis.conrad@gmail.com

www.psychotherapiepraxisconrad.de