

Spiritual Psychology & Group Process

A Weekly Group for San Diego Area USM Graduates

"Membership in a counseling group can benefit anyone. It is a supercharged learning environment where new behaviors can be acquired and practiced, where members can learn to master themselves and develop competencies and skills which are useful in more and more areas of their lives....For each member the overall goal becomes the greatest totality of personal effectiveness: How can I take charge in more parts of my world?"

John Vriend & Wayne Dyer

In this weekly counseling group, we support each other in being ourselves, in accepting ourselves and in more fully expressing ourselves openly and congruently. Group members call upon the support of the group to find strength and courage to challenge and resolve personal issues occurring in their lives. Parallels are explored between individuals' in-the-world challenges and the here-and-now experiences that take place within the group.

As we share with each other and communicate with each other, we will also focus on how we communicate with each other. This supports us in being aware of the particular perceptual filters that are currently operating in our lives. Each member will experience the group through their particular filters.

From time to time there will be tensions in the group, just as in all close relationships. Working through those moments with honesty and respect leads to emotional healing, to interpersonal learning and to "emotionally corrective experiences." This interactive group model expands the conventional USM working your process model, which is primarily an internal approach, to include dialog with others and learning about others' views of us and considering their feedback to us. It is a deeply satisfying way of interacting.

Over time, the range of in-group experiences includes moments of tremendous oneness, joy, conflict, tension, uncertainty, profound connection with others. This can lead to a deep satisfaction born of having taken emotional risks, having challenged old patterns, and of having allowed others not just to witness your healing and next steps but to also be a part of your healing.

This is an ongoing group with a minimum commitment of six months. I have been leading groups of this nature for twenty five years, and teaching this model to the MFT students at USM for fifteen years. These Wednesday and Thursday evening groups are open only to USM graduates. While participants in my other groups have in-depth experiences, there is something special about working with a group that has in common the desire for a Spirit-led life.

Benefits of Participating in This Group

- Feeling more confident and open when relating with others
- Increasing self support during moments of internal conflict as well as interpersonal conflict
- Resolving interpersonal issues such as patterns around belonging vs. not belonging, being visible, shyness, and finding one's voice
- Developing greater capacity for intimacy and vulnerability in your ongoing relationships
- Holding your center in the face of disagreement
- Growing in your ability to deeply and authentically receive acknowledgment and appreciation
- Growing in your ability to include Spirit in your life

Group Size: a maximum of eight participants

Fee: \$45 weekly

Locations: Wednesday evening in San Marcos OR Thursday evening in Solana Beach

Time Commitment: 90 minute group, followed by 10 minutes of journal writing

Entrance to these groups is by mutual agreement and follows an in-depth individual session with the facilitator.

For further inquiry, please contact:

Gordon Meredith, M.A., M.S.S.

Certified Group Psychotherapist

Licensed Marriage and Family Therapist

Certified EMDR Therapist

Trained Gestalt Therapist

Certification Candidate-Emotionally Focused Couples Therapy

USM Faculty since 1989

Founding Faculty of USM's Counseling Psychology Program, 1992

858-481-4982 ext. 2

gordon_meredith@cox.net

www.heartfelttherapy.com

" Sometimes giving to others is best accomplished by receiving from them."

Alissa Meredith, M.A., M.S.

Licensed Marriage and Family Therapist

USM Faculty