



# Group Therapy

## This is who I am : A journey of self discovery

'This is who I am: A journey of self discovery' is a creative arts and dramatherapy group focussed on improving identity and self-esteem. Over 12 weekly group sessions we will use music, literature, art and drama, alongside group discussions, to consider the value of boundaries, assertiveness and empowerment, working towards a stronger and more confident sense of self. We will identify areas of our lives we would like to change and work towards realising our hopes for the future.



### Group Schedule

You will be required to attend a brief meeting with the group therapist prior to the group starting to discuss your needs and to advise you on what the group has to offer. Consistent attendance is very important so please, only register for the group if you can attend all the meetings on the dates listed in the programme diary on [www.oakwoodhouse.co.uk](http://www.oakwoodhouse.co.uk)

1. Introductions: Where we are right now
2. Contemplating change 'Who I am and who I want to be'
3. Considering our worlds
4. Identifying the labels we wear
5. Re-connecting with our childhood
6. Recognising patterns and inherited roles
7. Who are we really? The masks we wear
8. Unpeeling the layers
9. Contemplating our journeys path
10. Taking control
11. Taking pride in who we are
12. 'This is who I am': Review and Ending

**Access is via self-referral**

**0161 480 0882**

Oakwood House  
 251 Wellington Rd South  
 Stockport SK2 6NG

[info@oakwoodhouse.co.uk](mailto:info@oakwoodhouse.co.uk)  
[www.oakwoodhouse.co.uk](http://www.oakwoodhouse.co.uk)



## Reply Form

### This is who I am : A journey of self discovery

**Please return completed form to:**

**NWCED**  
 Oakwood House  
 251 Wellington Rd South  
 Stockport SK2 6NG

**Questions?** Please call Joanne on 0161 480 0882

**Group costs £60.00**  
**Free of charge for Oakwood House clients**

- Yes I am interested in a place in the next THIS IS WHO I AM Group  
 Please contact me\* with further details.

Name .....

Address.....

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Land line .....

Mobile Phone.....

\*The best way to contact me is:

Post

Landline

Mobile