



Testimony

Group therapy taught me that it's okay to let people know what's wrong. Giving others a piece of myself isn't as anxiety provoking as it once was.

When you hear the first "me too," things don't seem as scary anymore. I consider the people in my group a big part of my recovery. They aren't the scary, daunting people they once were. Now, they are my supporters, motivators, and confidants.

Group therapy taught me that sometimes recovery is a long journey, but being surrounded by like-minded people makes it a much better ride.



Why a group?

Sometimes things happen to us that cause us to pull back from relationships. We begin to see ourselves differently, and often lose our way.

This recovery group provides a sense of connection with others that have experienced pain too. You matter, your story matters, and you can be heard.



Kyle Keffer, MS, LMFT, CSAT
License # 102257
EMDR Certified

901 Dove Street, #140
Newport Beach, CA 92660

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Men's Recovery Group



An interactive
healing experience



Finding your way
through difficult
times.



Benefits of Group Therapy

Group therapy helps you realize you're not alone.

According to Yalom in *The Theory and Practice of Group Psychotherapy*, "Many patients enter therapy with the disquieting thought that they are unique in their wretchedness, that they alone have certain frightening or unacceptable problems, thoughts, impulses and fantasies."

While it's true that each of us is unique and may have unique circumstances, none of us is alone in our struggles.

Group therapy facilitates giving and receiving support.

Participants are encouraged to turn to each other for support, feedback and connection, instead of getting all of that from the clinician.

Group therapy helps you find your "voice." Voice is defined as becoming aware of your own feelings and needs and expressing them. Participants are encouraged to notice how they're feeling throughout the session and to talk about it.

Group therapy teaches how to give and receive empathy.

Empathy is not feeling sorry for or fixing, but learning how to become curious and open with another person in order to offer understanding and validation.

Group therapy helps you relate to others (and yourself) in healthier ways. Often people don't understand why their relationships aren't working, says Judy Hess, Ph.D, who has taught Group Dynamics at the California Institute for Integral Studies in San Francisco. "In the safe atmosphere of group therapy, members can get honest feedback from others who care about them to one degree or another." Groups provide the opportunity to see just how people relate to others in the moment, and how they relate to themselves.

Group therapy provides a safety net. Many times members struggle with being authentic and speaking up for themselves in their lives. They can practice these skills in the group, and as they do, their confidence for practicing them outside the group grows. Knowing that you can report back to a group of people who care and will listen helps them to feel braver.

In addition to strengthening your relationship skills, reducing isolation and finding your voice, group therapy also is especially valuable for individuals dealing with depression, social anxiety, unfinished business and hurts from the past, and life transitions.

Q&A

Participants: Adult men, 18 years old +, working on recovery.

Cost: \$85/1 hour and 30 minute session
Paid in full \$980 or in 3 monthly installments \$340

Frequency: Weekly

Duration: 12 week commitment¹

Date/Time: Mondays at 6pm beginning on April 25, 2022

Group type: Closed, invitation only²

Group size: Up to 8 participants.

Location:

901 Dove Street, #140
Newport Beach, CA. 92660

Therapy:

Kyle Keffer, MS, LMFT# 102257
Certified Sex Addiction Therapist
Certified EMDR Therapist

¹Consistent participation to the group every week is crucial for the overall success and greatest benefit.

²An interview may be needed for readiness prior to participation.

PLEASE CALL OR TEXT TO EXPRESS INTEREST.