

GROUP THERAPY FOR PRE-LICENSED THERAPISTS

Facilitated by: Betsey Williams, MFT and Certified Business Coach

**Are you completing your hours for licensure?
Do you feel overwhelmed, anxious or depressed?
Are you under stress juggling a lot of responsibilities?**

If you answered **"yes"**, then this group **starting January 19th, 2009** is for you!!

Join a psychotherapy group specifically designed to help you not just "survive" but "thrive" as you continue your journey toward licensure. Learn specific skills and strategies to reduce stress. Get the support of others who understand what you are going through.

When: Eight Mondays: Jan. 19, 26; Feb. 2, 9, 23; March 2, 9, 16
(Group will not meet on President's Day, Feb. 16th)

Time: 6:00-7:30pm

Cost: \$200 (includes \$25.00 deposit)

Where: 2716 X Street, Sacramento, CA 95818

Betsey Williams, M.S. is a Licensed Marriage, Family Therapist (MFC#35147) and a Certified Business Coach. When she was a MFT intern, there was very little support for pre-licensed individuals so she formed a group called "The Care and Feeding of Interns" and found a licensed therapist to facilitate the group. Betsey is dedicated to giving back to the pre-licensed community. She is delighted to offer individual and group therapy for a reduced fee.

Betsey Williams, MFT, Certified Business Coach

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Name: _____ Phone: _____

Address: _____

Email: _____

Please send \$25 deposit by **Jan. 9, 2009** to:
Betsey Williams, 2716 X St, Sacramento, CA 95818