



Jill Singer's Group Workshops

"Attending Dr Jill's Group Workshops was one of the best life choices I ever made!!!" (Janine)



Women's Workshops

Jill's workshops provide GROUP members with a unique, safe, nurturing, and supportive environment in which they can take risks; listen to group wisdom, insights, and reflections; and receive peer feedback. These groups are available for women of all ages. This wide spectrum enables women in all of life's stages to learn from each other's experience, insights and wisdom.

Jill's workshops provide members with a unique, safe, nurturing, and supportive environment in which they can take risks; listen to group wisdom, insights, and reflections; and receive peer feedback, encouragement, and caring as they face the unique and shared challenges, which life presents.

Jill's workshops provide a safe therapeutic context in which group members can undertake deep healing work, growth and self-exploration, in the company of, and with the support of, others.

Jill's workshops are a healing community in which members begin to recognise that their intensely private and personal issues can be shared, and that there often exists an unexpected commonality of themes within group members' current and previous life experiences.



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"The therapy groups that Jill holds are beautiful, supportive and meaningful spaces. For me it has become a community full of compassion, kindness and growth and I have made some connections which I hope will be life long with other members. With Jill's careful guidance these spaces are a real opportunity to be challenged, self reflect and heal." (Ahima)



Dr. Jill Singer

In the group Jill takes a facilitative role, allowing group members to take active participatory roles in the nurturing, sharing, supporting, learning, and healing that takes place.

Drawing on a wealth of experience accumulated from over 40 years of facilitating such workshops, Jill can respond and guide each group member in her own particular life journey.

Jill's workshops encourage increased self-esteem and self-confidence and the knowledge that members can go out into the world and test their new skills, but always have a regular and supportive group of women in the background.

There are a maximum of eight members per group. Members enjoy a variety of different group and individual activities which draw from: dream work, art therapy, drama therapy, sand play, archetypal stories, myths, and a variety of other creative tools and technique.



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"The therapeutic group sessions I am part of have been an incredible way for me to 'be' within a trusting, non-judgemental and healing space. Jill facilitates the groups with real passion, energy and a deep wish to help us heal and see genuine shifts in our lives. She is a very experienced therapist and we feel safe together. I will certainly be part of my group for as long as I feel I need this loving support. Thank you for the work you do Jill." (Niki)



Frequency

Jill runs two Women's Workshops.

A. Monthly Group Workshop:

The 'Sunday' Group Workshop is held monthly.

It runs for 7 hours.

The start time is 10.00 (although members gather at 09.45 for refreshments). The finish time is 17.00.

B. Bi-Monthly Group Workshop:

The 'Saturday' Group Workshop is held bi-monthly.

It also runs for 7 hours.

The start time is 10.00 (although members gather at 09.45 for refreshments). The finish time is 17.00.



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"The monthly women's group is a sanctuary of belonging, warmth, welcome, acceptance and challenge. Jill leads with creativity, years of therapeutic expertise, wisdom and care. There is a great mix of challenge and support. The inspiration of being with and witnessing other women also provides a deep sense of bonding, support and holding. You will not just recognise but also really embody a felt sense of your highest potential and be inspired to ignite the fire within. The continuation of sessions and active homework between means being held accountable to keep on nurturing it to grow, as well as supporting fellow women to do the same!" (Samantha)



Strong Bonds

The workshops are very intimate and create deep life friendships for the participants. Due to the nature of the work, many members have been attending for several years and the friendships can continue for a lifetime.



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"When group therapy was first suggested to me, I was terrified and reluctant to try it. It's turned out to be an incredible resource to me! The women I've been in group with have become close friends and the work we've all watched each other do has helped me in so many ways in my life and continues to. Once you start attending it's impossible not to see the value of this group experience." (Karen)

Structure of the Day



Opening: This normally begins with 'forming the group circle'. This establishes trust and group rapport. It involves, a short meditation, and initial catch up/news update. It also involves a group exercise.

The Main Part of the Day: Workshop members undertake their pressing and essential individual work within the group context. All workshop members participate in both an individual and supportive capacity.

Lunch: Members enjoy a pot-luck lunch (each woman brings one dish to share). This provides a lighter environment in which to chat and bond.

Closure: The group concludes by reviewing, integrating and consolidating the day's work. Group members report on how well they achieved their tasks from the previous workshop and be given a fresh task that relates to their work that day. Finally, there may be a grounding activity before members return to the outside world.