

Women's Resiliency Group Therapy



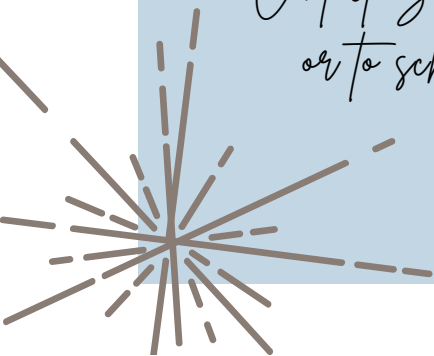
Scottie

Scottie has merged 25+ years of psychodrama experience with her background in creative arts therapies, psychology and social work. She founded Psychodrama New Jersey as a training institute and psychotherapy practice over a decade ago. Scottie is the primary trainer and clinical director at PNJ and is known for her compassionate and supportive approach.



Contact Scottie with questions
or to schedule an intake.

Contact Information:
Scottie Urme, LCSW, TEP
Founder & Director of Psychodrama NJ
732-820-4897
www.PsychodramaNJ.com



WOMEN'S RESILIENCY GROUP

Bi-Weekly Thursday evenings.

When facing challenging life circumstances it can be difficult to remember or access the positive and strong qualities that have helped us in the past. This therapy group is focused around personal strengths and resiliency. Participants have an opportunity to express feelings, identify and nurture resilient inner qualities, experience connection and emotional support. This group is especially helpful for women experiencing loss, relationship challenges, low self-esteem, anxiety, or have unresolved childhood trauma that sometimes stand in the way of achieving goals. The group incorporates psychodrama, psycho-education, mindfulness, and other expressive and empowering therapeutic interventions to help build resiliency and foster personal growth and healing. This group is for adults, and meets every other week from 6:00-8:30 pm . Each 2.5-hour session is \$85. Intake is required prior to clients starting group.

Groups are led by Scottie Urmey, LCSW, TEP

A 1 time \$175 intake is required.

\$85 per group session.

Group sessions meet in-person at Psychodrama NJ in Oakhurst,
NJ

Participants must be fully vaccinated from COVID 19 and be
willing to follow current CDC guidelines.

No Insurance accepted.

