

Care for the Caregiver

In-Person Group Therapy



Contact Patricia with questions
or to schedule a free 20-minute
consultation.

732-507-9910

Patricia@psychodramanj.com

www.PsychodramaNJ.com

Patricia



Patricia brings warmth and depth to her clinical work, drawing on her extensive training in psychodrama, Imago, EFT and hypnosis, and often partnering with her beloved therapy dog Daisy, to offer extra comfort and support. With extensive experience in trauma treatment, prevention, and resilience-building, she creates a safe, healing environment for clients. Patricia is known for her gentle presence, compassion, and genuine empathy, helping each person feel seen, supported, and empowered.



CARE FOR THE CAREGIVER

In-Person Group Therapy

A caregiver steps into a complex role to care for the medical, physical and/or psychological well being of another, oftentimes without prior medical, emotional or spiritual training. A caregiver has their own worries, responsibilities and hopes, but where do they find support and understanding and how do they equip themselves with necessary tools for their own well being?

If any of this speaks to you as a caregiver, please join this therapeutic caregiver support group. The group will focus on two elements crucial to preventing caregiver burnout: Connection and Self Care.

This group is for individuals who have stepped into a primary or part-time caregiving role for a family member or friend. The group incorporates psychodrama, psycho-education, mindfulness, EFT, and other expressive and empowering therapeutic interventions to help support those in the caregiving role.

Groups are led by Patricia Hannah, LCSW

Each 2 hour group session is \$90.

An intake session is required for new clients.

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

every other week from 6-8pm

No Insurance accepted.

Contact our office for more information: 732-686-9427

