

Interpersonal Group Therapy

Interpersonal Group therapy is a powerful method for facilitating change. It is a widely used treatment option supported by clinical evidence that offers members the opportunity to explore and improve their interpersonal skills. Group therapy offers a unique medium for individuals to learn how to connect with others, receive support, and find new insights; but most importantly, gain new experience of themselves and others.

Interpersonal Group Therapy is most suitable for individuals who have struggled with interpersonal and relational difficulties associated with depression, dysthymia, anxiety disorders or personality difficulties, and who are now ready to address those difficulties.

Interpersonal Group Therapy is not suitable for individuals who are in acute crisis, acute suicidal risk, active substance abuse, those who have an inability to form meaningful relationships with others (due to psychosis, intense social phobia, severe emotional volatility or poor anger control), or those who are unable to commit to consistent attendance.

Details

We are pleased to announce the opening of an interpersonal therapy group at Woodbine Psychological & Counselling Services. The group will be led by Dr. Sam Minsky, Ph.D., C.Psych. and Dr. Jay Saplala, Ph.D., C.Psych. (Supervised Practice). It will be a semi-closed group consisting of two 10-session modules. Participants are encouraged to attend all 20 sessions and are asked to commit to a minimum of 10 sessions. Sessions will be held at 7155 Woodbine Avenue, Suite 201, Markham, Ontario, and typically the group will have 8 - 10 participants. The group will be on Tuesday, from 7:00 p.m. to 8:30 p.m. Pre-group screening is required. The group will begin once we have sufficient number of participants.

The fee for each 1.5-hour session is \$75 and the pre-group screening one-time fee is \$50. To register for pre-group screening or for further information please contact us at (416)628-6039 / 1-866-901-8338 or visit our website at www.woodbinepsychologist.com.

Brief Bio the Psychologists

Dr. Sam Minsky, Ph.D., C.Psych., is a registered psychologist with over 25 years clinical experience. He is currently an adjunct professor at the Department of Adult Education and Counselling

Psychology, OISE, University of Toronto teaching group therapy. He is an approved supervisor and a faculty member at the Canadian Group Psychotherapy Association Training Program. He has been a lecturer at the Department of Psychiatry, Faculty of Medicine, University of Toronto where he has facilitated experiential training groups for Residents. Dr. Minsky was the former Director of the Counselling and Learning Skills Service (CALSS) at the University of Toronto. He obtained his Ph.D. from the University of Toronto in Counselling Psychology.

Dr. Jay Saplala is a registered psychologist (Supervised Practice) in clinical and forensic psychology with the College of Psychologists of Ontario. Dr. Saplala has a long working history in the field of psychology in Philippines. He obtained his Master of Arts in Counselling Psychology in 1996, and his Doctorate in Clinical Psychology in 2006 from the Ateneo de Manila University, Quezon City, Philippines. He worked as a clinical psychologist at the Integrated Lifestyle and Wellness Center, Miriam College from 2005 - 2010 and in various clinical capacities since 1995. Dr. Saplala was the immediate past president of the Psychological Association of the Philippines (2008 - 2010) and a board member of the Asian Psychological Association (2007 - 2010). He is the associate editor of the Philippine Journal of Psychology. Dr. Saplala served as the chairperson of the Department of Psychology in Miriam College from 2006 - 2010 where he had been a post-secondary lecturer since 1995. In addition he also taught at De La Salle University from 2008-2010. Dr. Saplala was the founder of Skwelahang Sikolohiya, an alternative literacy program for convicted male offenders at the New Bilibid Prisons.

Contact Info

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