

Process Group

Group: Adults

Time: 8 weeks

**Location: Center for Behavioral Health
at Spalding University**

“The life of a process group from the beginning to the end parallels different developmental stages of growth and maturity. As the natural cycles of the group move progressively forward, the members and the group as a whole are assisted with guided feedback and process comments from the leader or co-leaders. The group inherently knits together an abundance of experiences forming and emulating a social microcosm that bears its own unique culture and identity.” –Good Therapy

If you're struggling with your personal life and relationships, CBH is here to help!



Call us at 502-792-7011 to get more information or check out our
website at <https://behavioralhealth.spalding.edu>