



# BIOENERGETIC GROUP PSYCHOTHERAPY

SMALL PROCESS GROUPS TO “HOLD”, MIRROR, AND SUPPORT GROUP MEMBERS IN THEIR PERSONAL AND RELATIONAL GROWTH.

**BIOENERGETIC ANALYSIS** is a somatic and relational psychotherapy that works with the body and the mind, helping people become more alive and vibrant through grounding, full body breathing and the release of chronic muscle tensions. The analysis component of Bioenergetic Analysis facilitates the “working through” of relational and emotional issues.

# BIOENERGETIC GROUP PSYCHOTHERAPY (ONLINE)

- Do you wish you had a “therapy buddy” to support and encourage your growth process?
- Do you struggle with the “aloneness” of difficult feelings like shame, anger, sadness, grief or COVID fatigue?
- Do you hope to live in a more grounded, embodied way, present to yourself and present to others?

## Structure of Bioenergetic Group Psychotherapy:

Except for the first session that focuses on establishing emotional safety and forming initial connections with people in your small process group, each group psychotherapy session includes;

- A check-in with each group member to identify emerging issues and goals for the group session.
- 30 to 40 minutes in Group Movement using Bioenergetic exercises to open up the body, deepen breathing, and foster groundedness, followed by debriefing of the experience.
- 45 minutes of small group process work where individuals work on their goals. Each person will have a turn working with the group facilitator, while the rest of the group co-creates a “holding environment” that witnesses and supports the therapeutic work.
- A check-out with each group member to help integrate personal insights and learnings based on the small process groups.
- Follow-up journaling, movement exercises, and self-reflection are encouraged between group sessions.

## Group Facilitators:

**Adela Gordoziński**, B.A. M.Ed, Registered Psychotherapist RP, Certified Bioenergetic Analyst CBT, Certified Canadian Counsellor CCC, Circle of Security Parenting Facilitator, COSF, Certified Traumatic Incident Reduction Facilitator CTIRF

*Adela – “My deepest personal growth experiences occurred in the context of Bioenergetic Therapy Groups. Under the skilled leadership of Certified Bioenergetic Therapists, I was positively challenged by the truths I learned from my body in Bioenergetic Therapy. The “holding” I felt from the non-judgemental loving presence of group members was a gift. The Bio exercises helped relax my body and deepen my breathing.”*

**Carol Melnick**, BSc., MSW, RSW, Registered Social Worker, Certified Bioenergetic Analyst CBT, Certified EMDR Practitioner, Practitioner of Compassion Based Mindfulness.

*Carol – “My experience as a group participant in a Bio Therapy Group was initially influenced by my introversion and my feelings of inadequacy/shame. However, the emotional safety established in the Bio group and by the facilitator, helped me risk and work with these feelings. I learned how universal my feelings were and how they could be “lovingly held, nurtured and accepted” in ways that transformed how I now carry these feelings.”*

**TIME: Sundays, 9:30 am to 11:45 am EST**

**DATES: Sunday, April 11 to Sunday June 6, 2021** (There is no group on Sunday, May 23rd). There are 8 group sessions in total.

**COST: \$480.00 (\$60.00 per session) plus \$50.00 for a 45 minute intake interview.** Payment is reduced to \$450.00 if fully paid by March 22, 2021. Payments can be made in two installments of \$240.00. First installment is due March 28, 2021. Second installment is due April 11, 2021.

**NUMBER OF PARTICIPANTS:** 10 to 12 people, maximum (5 – 6 persons in each small process group).

**REGISTRATION:**

- Complete the registration form and return to Carol Melnick by email. There is a \$50.00 registration fee (payable to Carol Melnick by e-transfer or paypal) that covers your intake interview.
- You will be scheduled for a 45 minute Telehealth Zoom intake session with either Carol or Adela.
- Participants are strongly encouraged to have an individual therapist for the duration of the group to provide support for working with deeper issues.
- Group members are encouraged to make a commitment to all of the group sessions. Ongoing participation provides continuity and emotional safety for all group members.
- Personal financial circumstances can be discussed with Carol or Adela.

**REFUND POLICY:**

If after the first or second group session you decide that this group is not what you need, please contact the facilitators for an exit interview.

After the first group session, you will be refunded for sessions two through eight, minus a \$35.00 administrative fee. After the second session, you will be refunded for half of the sessions. No refunds are provided beyond sessions one and two.

**PLEASE SEND, VIA E-TRANSFER, YOUR NON-REFUNDABLE \$50.00 INTAKE INTERVIEW FEE TO:  
CAROL MELNICK at [carollouise.melnick@gmail.com](mailto:carollouise.melnick@gmail.com) by March 15th. One of us will contact you to set up a 45 minute intake interview to ensure that this group is suitable for your needs.**

# Bio Group Therapy Registration

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

TEL: CELL \_\_\_\_\_ LANDLINE \_\_\_\_\_ May we leave a message? ☐ YES ☐ NO

E-MAIL ADDRESS: \_\_\_\_\_

Preferred contact?      EMAIL      PHONE

MAILING ADDRESS: \_\_\_\_\_

## EMERGENCY CONTACT:

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ARE YOU PRESENTLY WORKING WITH A COUNSELLOR OR THERAPIST?      YES      NO

DO YOU PRACTICE ANY KIND OF MOVEMENT DISCIPLINE / MEDITATION / JOURNALING / CHANTING / PLAY A MUSICAL INSTRUMENT / ART / OTHER?  
YES      NO

HAVE YOU DEVELOPED ANY WAYS OF SELF SOOTHING OR CALMING YOURSELF WHEN IN DISTRESS?      YES      NO

## GIVEN THAT THIS GROUP INCLUDES A PHYSICAL MOVEMENT COMPONENT:

Do you have any physical conditions that could limit your participation in group movement, e.g., arthritis, specific injuries? Please specify.

YES      NO      *The Facilitators will do their best to accommodate everyone's unique abilities.*

Do you have any specific mental health diagnoses?      YES      NO      If yes, provide the specific diagnoses.

WHAT ARE YOUR EXPECTATIONS OF THIS KIND OF GROUP? OF THERAPY IN GENERAL?

HOW DO YOU THINK YOU COULD CONTRIBUTE TO THE GROUP?

