

The group leader



Steve Runciman

I am a Clinical Psychologist with 40 years' experience working with individual adults, couples and groups. Trained in group work, I use a variety of appropriate therapeutic group methods. I have conducted numerous weekly men's groups and weekends over the years.

My approach is to listen deeply to understand the concerns and needs of people who consult me, while also noting their resources, strengths and wisdom. I then collaborate with them on creating plans to achieve their goals, encouraging them as they implement their plans to their satisfaction. I consider it a great privilege to help people at a significant time in their lives.

The difference between a man with a purpose and a man who is aimless is considerable.

Suppose a miracle happened with your life? How would you know? What would you notice about yourself? What would significant others notice about you?

Berg and De Shazer

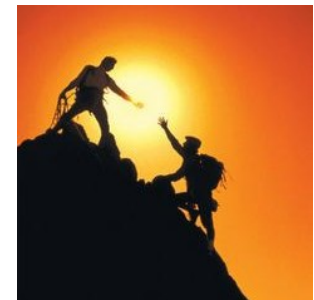
*If you are not for you, who will be?
If not now, when?
If you are only for yourself,
What's the point?
Hillel*

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Focus on Solutions: Men's Personal Growth and Therapy Group

**An invitation for men to
create a preferred life for
themselves and
their relationships**



**A six-session fortnightly
group beginning
7.00 pm to 9.00 pm
Thursday 21 March 2019**

**Conducted by Steve Runciman,
Clinical Psychologist**

Tel : (08) 9204 1166

Therapy and Personal Growth for Men

The Group

This group aims to provide men with an opportunity to improve their mental health and overall well-being through undertaking several key actions - identifying what they want to develop in their lives, planning steps, taking action, appreciating where growth is happening then identifying again what they would like to see happen as further progress.

Format

The format is group therapy using large and small group activities, supportive feedback, teaching sessions using handouts, film clips, story, and action work.

Therapy approaches

The course will utilize a variety of therapy approaches to help men create the life they want. These include ways to think more helpfully, improve mood and inner calm; relaxation to bring a greater sense of bodily ease and mental clarity; skills training to relate more effectively, and Solution Focused Therapy to assist personal goal achievement.

Benefits

Men grow from identifying hopes and desires and undertaking experiments in creating that. Being a participant in a supportive group of other men can be a very powerful medium for change. In addition to positive encouraging feedback on their own project, men learn very much from the wisdom and endeavor of other men developing their goals. Thus in ways both direct and indirect, small or large, the group can be a transformative experience for many men.

Information

Venue and Dates

The venue will be Steve's office: Level 2, Northcourt Building, Karrinyup Shopping Centre, Corner Burroughs Rd & Davenport St, Karrinyup.

The group will meet fortnightly on **Thursdays 7.00 pm to 9.00 pm**, commencing **March 21 2019** then **April 4, 18, and May 2, 16 and 30**

Fees

The total cost of the group will be \$420 (early bird payment by 28 February) or \$450 by March 14. Group therapy rebates may be available with Medicare under a Mental Health Care Plan provided by a GP. Those who are seeking a Medicare rebate, please ask your GP for a referral for individual and group therapy sessions for the six sessions.

Rebates may also be available with your private health insurance providers so please check with your insurer for your actual entitlement.

Please note rebates can only be obtained for sessions you attend. There is no course fee reduction if you are absent for any sessions.

Further Information

Contact Steve for further information or if you require special terms for payment.

Book early for a men's group therapy experience (and discount) to develop yourself and your solutions to your life issues, problems and concerns. Bookings close 14 March 2019.

REGISTRATION FORM—please post/email completed form to Steve at this address:

Steve Runciman
Suite G201, Northcourt Building
Karrinyup Shopping Centre
200 Karrinyup Road
Karrinyup WA 6018 or
srunciman@iinet.net.au

I wish to register for the Men's Therapy group. I enclose a cheque or money order for early bird payment by 28 February of \$420 or \$450 by March 14 payable to 'Stephen Runciman'.
Alternatively, Bankwest direct deposit details:
BSB: 306 048 Acc: 5320318
with your surname to indicate payer.

Name

Address

Postcode

Home and/or business phone

Mobile number

E-mail address

Group numbers are limited.
Registrations close 14 March 2019