RELATIONSHIP LAB

Long-term Gestalt therapy group

Facilitated by **Olga Klimenkova, RP**

WHAT IT'S ABOUT

We, as human beings, need other human beings.

I invite you to join the Relationship Lab for exploring your dynamics of being in a relationship. Why a Lab? It's a real-time space where you can recognize and examine your patterns of relating and experiment a new approach, with the utmost care and support.

WHO IT'S FOR

✔ You long for deeper connection and still find yourselves lonely regardless of your relationship status

✔ You experience relationships as a struggle to either start, or sustain, or end

✔ You find it challenging to handle the boundaries in friendship, romantic relationships, parent-child dynamics or with colleagues

✔ You feel constrained, dreadful or timid when it comes to interacting with others

DETAILS

✔ November 2024
✔ Toronto downtown (TBD later)
✔ Every other Tuesday
✔ 3 hours, 6-9pm
✔ 7-10 people
✔ 8 months: Nov -June
✔ $250/month
✔ Sessions may be reimbursed with most insurance providers

Contact me by e-mail: **oklimenkova@gestaltmail.ca** to schedule an initial interview

ABOUT ME

My name is Olga Klimenkova I'm a Registered Psychotherapist in private practice.

Psychotherapy, particularly Gestalt therapy, has been one of my greatest passions for the last 15 years, evolving from client experience into my calling.

You can learn more about me at https://www.bealivetherapy.ca/

WHAT IT'LL LOOK LIKE

It is going to be a place where you can share what is important for you, what moves you, what aches.

I will facilitate a safe and respectful environment.

There will be no predetermined topic; all participants will contribute to the theme that emerges for each session.

One of the main focuses is how group members interact with each other, heightening self-awareness and enhancing dialogue. This offers ample opportunities to explore oneself, to examine parts that get in the way when relating to others, to learn how to manage feelings with different people.

It is totally experiential and relational. Just like real life.