

Men's Resiliency: Treatment Intensive

Co-led by Patricia & Scottie



Contact Patricia or
Scottie with
questions or to
schedule an intake.



Patricia

Patricia Hannah, LCSW, SP
Patricia@PsychodramaNJ.com
732-507-9910

Patricia is trained in EFT, Psychodrama, hypnosis and loves to work alongside her therapy dogs, Duke & Daisy, when clients need some extra comfort. Patricia has extensive training and experience in the areas of trauma, prevention and resilience-building. Patricia is known for her gentle approach, compassion, and empathy.

Scottie

Scottie Urmey, LCSW, TEP
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732-820-4897

Scottie has merged 25+ years of psychodrama experience with her background in creative arts therapies, psychology and social work. She founded Psychodrama New Jersey as a training institute and psychotherapy practice over a decade ago. Scottie is the primary trainer and clinical director at PNJ and is known for her compassionate and supportive approach.





MEN'S RESILIENCY: TREATMENT INTENSIVE

In-Person, Four hour, Group Session.

Group Psychotherapy is a powerful form of therapy especially beneficial for men dealing with relational and emotional challenges, childhood trauma, depression, and anxiety. In this setting, individuals with similar life experiences come together to share and navigate their struggles in a supportive and connected environment.

Through the mutual exchange of help and support, members experience profound healing and develop personal resilience.

The group is guided by skilled therapists who ensure a safe and accepting environment, where members feel respected and valued, and trust can grow. This therapeutic process offers a corrective experience for those who have been hurt in relationships, allowing for healing within the relational context of the group.

**Groups are co-led by Patricia Hannah, LCSW, SP & Scottie Urmey, LCSW,
TEP**

Intake session required prior to starting group therapy.

\$300 per group session.

Group sessions meet in-person at Psychodrama NJ in Oakhurst, NJ.

Other details including days and times will be discussed during the intake.

No Insurance accepted.

Contact our office for more information: 732-686-9427