

Women's Resiliency Group Therapy

"No mud, No lotus."
Thich Nhat Hanh



Scottie

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.

Contact Information:
Scottie Urmey, LCSW, TEP
Founder & Director of Psychodrama NJ
Scottie@psychodramanj.com
732-820-4897
www.PsychodramaNJ.com



Contact Scottie with
questions or to schedule
an intake.



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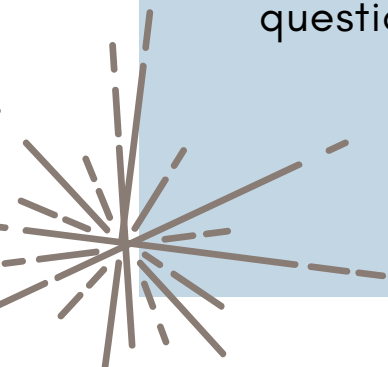


Contact Patricia with
questions or to schedule
an intake.

Patricia

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.

Contact Information:
Patricia Hannah, LCSW
Clinical Therapist
732-507-9910
Patricia@psychodramanj.com
www.PsychodramaNJ.com



WOMEN'S RESILIENCY GROUP

In-Person, every other week.

When facing challenging life circumstances it can be difficult to remember or access the positive and strong qualities that have helped us in the past. This therapy group is focused around personal strengths and resiliency. Participants have an opportunity to express feelings, identify and nurture resilient inner qualities, experience connection and emotional support. This group is especially helpful for women experiencing loss, relationship challenges, low self-esteem, anxiety, or have unresolved emotional trauma that sometimes stand in the way of achieving goals.

The group incorporates psychodrama, psycho-education, mindfulness, and other expressive and empowering therapeutic interventions to help build resiliency and foster personal growth and healing.

**Groups are led by Scottie Urmev, LCSW, TEP
or Patricia Hannah, LCSW**

Each 2.5-hour session is \$90.

Intake session is required prior to starting group therapy.

Group sessions meet in-person at Psychodrama NJ in Oakhurst, NJ from 6:00-8:30 pm every other week.

The day of the week and other details can be discussed during the intake.

No Insurance accepted.

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

