



Interpersonal Process Psychotherapy Group

Beginning February 23, 2022

Meets weekly via Zoom on Wednesdays, 6:15-7:30pm

Co-led by Laura Captari, Ph.D. and Whitney Wilson, M.A.

*Are you hoping to stretch into new relational areas this year?
Eager to strengthen your capacities for trust, connection, and authenticity?*

Recognizing the isolation and disruptions of the COVID-19 pandemic, this group offers an intentional space to cultivate relational well-being. This could include building deeper connections, embracing vulnerability, communicating your needs, collaborating more effectively, setting boundaries, and/or navigating differences.

Group Purpose and Goals

This therapy group is a confidential space open to all adults who are curious to learn more about themselves and deepen their relational capacities. Group offers a unique space to meaningfully address challenges like:

- Feeling lonely, anxious, or unsure of yourself
- Longing for deeper—and more authentic—connections
- Feeling guarded and cautious about trusting others
- Struggling to find your voice
- Wanting to set healthy relational boundaries

If you experience interpersonal challenges—with family, partners, friends, co-workers—and/or have unexpressed feelings that make it tough to develop and maintain satisfying relationships, this space is for you!

Financial Commitment

Group psychotherapy is covered by many insurance plans; a reduced fee is also available based on need. You can discuss these options in detail in the initial group screening.

Want to Learn More?

We'd love to set up a time to chat with you individually. A screening session is free and provides an opportunity to discuss potential fit with the group based on your goals and explore payment options. For more information, contact Laura Captari (617-353-9708) or Whitney Wilson (617-353-5133).