

Tuesday Lunch Hour Interpersonal Therapy Group

A Group For People Who Desire Deeper Relationships

Led by [Julia McAninch, Psy.D.](#) and [Zach Bryant, Ph.D.](#)

Group Summary

A common refrain among group therapists is, “those who do well in group do well in life.” This is because the ability to develop, nurture, and maintain healthy interpersonal connections not only leads to increased levels of life satisfaction but has actually been found to help us live longer.

In this ongoing coed interpersonal therapy group, group members will develop and refine the skills to notice, understand, and articulate their thoughts and feelings about themselves and others with the goal of increasing their capacity for healthy relationships. This will be achieved through the process of developing relationships with other members in the group.

Because the therapy group is a microcosm of our day to day life, the challenges we experience in relationships outside of group play out in the group. What’s important about group therapy is that it gives us the opportunity to slow down and examine the interpersonal dynamics we are creating as we actually create them. This, in turn, helps us develop insight and creates the opportunity for us to practice engaging in different ways.

You may consider joining this group if you...

- often feel, angry, frustrated, or dissatisfied in relationships.
- have trouble trusting others.
- struggle to forge and maintain relationships.
- have difficulty with people pleasing.
- often put other’s needs before your own.
- are curious about how others perceive you.
- struggle with assertiveness.
- want to be able to be more authentic in your relationships.
- experience anxiety in social situations.

When: Tuesdays from 1:00-2:30

Where: 1208 17th Ave. S.
Nashville, TN 37212

Cost: \$60.00/session

Other: A six-month commitment is required for participation.

Contact Julia at (615) 400-2601 or dr.julia.mcaninch@gmail.com with questions or to schedule an appointment to discuss the group.

About Julia

Julia is a licensed psychologist in private practice and a Collaborative Divorce Coach, supporting families through the divorce process. Julia specializes in working with diverse clients with a range of concerns including relationship issues, family of origin, identity development, trauma, and major life transitions. Whether it is in a group, individual, couples, or family therapy, Julia uses both past experiences and the relationships in the here and now to help clients grow and heal.

About Zach

Zach is a licensed psychologist in private practice in Nashville, TN. He is an active member of the American Group Psychotherapy Association (AGPA) and is currently forming an affiliate society of AGPA in Nashville. His areas of interest include helping people struggling with relationship issues, depression, anxiety, concerns related to addiction and codependency, grief, and eating disorders.

Read “[Why Join an Interpersonal Therapy Group](#)” on the “Group Therapy” page of www.zachbryant.com for additional information about how interpersonal therapy groups work. Click the above links if viewing this document on the Web.