

Dear Clients and Friends,

Don't let life circumstances, injury, traumas or old patterns hold you back!

### **Find Your Self-Potential**

I have been teaching intensive therapeutic groups for years because group work is transformative, healing, and supportive. It has been gratifying to witness clients and friends change themselves and their lives through these powerful processes. I am pleased to announce that I am offering another less intensive group this summer focused on personal growth and support.

This “Self-Potential” group will focus on supporting group members in leading more satisfied lives and finding deeper connection, support, and meaning. The foundation for the group rests in two arenas: 1) achieving a greater mind-body connection, and 2) working through creative self-discovery using National best selling author Julia Cameron's book, *the Artist's Way*.

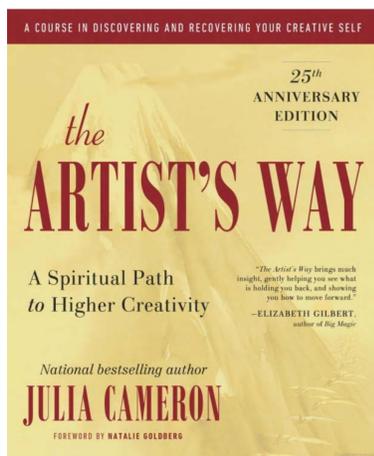


### **Why a personal growth group?**

Growth groups provide a safe environment that will help you to grow farther and faster in your healing work – while providing a confidential and conscious community. Many members find deep, long-lasting connections with their group that continue well beyond my workshops.

### **Why focus on mind-body connection?**

Problems such as pain or mobility issues in the body are often actually located in the brain and nervous system. When the mind and body are reconnected, we often have a greater sense of ourselves and feel more capable of reaching our potential – physically, mentally, and emotionally.



### **Why this book?**

Julia Cameron's classic work, *The Artist's Way* has been used by thousands of people to transform their lives and shine their light in the world. Eckhart Tolle says that humans must make a significant evolutionary jump to remember our true spiritual nature and thereby transform ourselves and the world. Cameron's work gives us a road map to do so by nourishing and developing the aspect of our nature that reflects the divine most closely: our creativity.

The group will be offered in two parts: An Awareness Through Movement (ATM) class and a Growth Group. We will meet on Monday evenings from 6:00 – 8:15 pm via Zoom or in my Redmond office from June 8 through August 24 – twelve consecutive weeks.

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## **Class Structure**

**Part I 6:00 - 6:45:** We will begin with a **Feldenkrais Awareness Through Movement (ATM) class** to get grounded and to feel good in our bodies. This portion is open to anyone wanting to experience greater ease, increased mental and physical capacities, and to be more grounded. You do not have to be in the Self Potential group to attend the ATM class, but the ATM is highly recommended for Self-Potential group members. ATM is a series of guided gentle movements designed to reconnect your brain and nervous system to your physical body so that you are stronger and more capable in every arena.

**Part II: The Self-Potential group** includes work with *the Artist's Way* curriculum from **7:00 - 8:15 pm**. This is a closed growth and support group that lasts for 12 weeks. Only registered group members may attend and should plan to be at every session in order to ensure the continuity and safety of the group as well as to receive the greatest benefit from their experience.

Come to both to get the fullest benefit and find your greatest potential!

**Participants:** it is strongly recommended that Self-Potential group participants either be in therapy or have done therapeutic personal work. The Self-Potential growth group will enhance your therapeutic progress. Group will be limited to a maximum of 10 and will fill quickly. Participants must be screened by me before acceptance into the group. Register here, and I will call you for a 10-minute screening.

### **Group Costs:**

**ATM class only:** free; donations gratefully accepted through Venmo.

**Self-Potential group (with or without the ATM class):** I will bill your insurance for the group. If your insurance does not cover groups, the cost will be \$50 per week (with a sliding scale available). Participants must commit to attending and paying or having their insurance billed for all 12 weeks.

Ready to reach your potential? [Register here](#) for the group.

Questions? Please email or call me for more information.

Warmly,

*Jenny*

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***Jenny Frank-Doggett is a Licensed Mental Health Counselor and a Certified Advanced Clinical Hypnotherapist. Jenny has been an individual and family psychotherapist since 1995 and has facilitated intensive therapeutic groups and classes for 15 + years.***

***She holds a master's degree in Counseling Psychology and is a trainee in the Feldenkrais Training Academy in Seattle, WA.***