

Centre for Psychological Services and Research, School of Psychology, University of Ottawa

**Psychotherapy Group for Relationship Issues and Problems with Coping
Information Sheet**

Psychotherapy groups are [effective treatments](#) for people with relationship issues and with problems in coping. A variety of issues will be explored throughout the course of this group, including: establishing and maintaining close and gratifying relationships by understanding and changing relationship patterns, improving one's ability to cope so that emotions are more manageable, and getting a better sense of oneself or one's identity. The treatment approach is informed by interpersonal and psychodynamic [models](#), and has been tested in [clinical trials](#) with several [client populations](#).

Clients

The clients in the group may have differing mental health diagnoses, or no diagnosis. However, they will have in common issues related to establishing and maintaining meaningful and secure relationships, and in managing and expressing their emotions. Both men and women are welcome to participate.

Clients referred to the group will receive an assessment to determine if the group is right for them. They will also receive a pre-group preparation session with information about how the group works, and to establish their goals for the therapy. If the group is not a good match, then the client will be prioritized on the Centre's wait list.

Who Will Benefit. Clients who: (1) are functioning well enough to work, go to school, or maintain a household; (2) have some social supports (friends, family) and have had a history of at least one intimate relationship; (3) have the capacity to reflect on their own and others' mental states and behaviors; (4) are able to adhere to treatment and are motivated; and (5) have some capacity for interpersonal trust and empathy.

Who May Not Benefit. Clients who have a psychotic disorder, bipolar disorder, illness anxiety disorder, significant brain injury, are currently suicidal or in crisis/debilitating distress, with active anorexia or bulimia nervosa, and those with recurrent and persistent mental illness.

Therapists

The group will be led or directly supervised by a clinical psychologist (Dr. Tasca) with many years of experience in leading groups. He will also supervise an advanced psychology intern.

The Group

The group consists of about 8 members and meets once weekly. Each session lasts 75 minutes. The group is ongoing throughout the year. The group is offered in English. Fees are on a sliding scale ranging from \$5 to \$35 per session based on the Centre's fee schedule. Those with extended health insurance that cover psychological services may use their receipts for reimbursement.

Referrals: By self-referral by phone (613-562-5289) or email (cpsr@uottawa.ca). Referrals will be accepted on an ongoing basis throughout the year. Please indicate that you are requesting the psychotherapy group when contacting the Centre.

When: Wednesdays from 4:30 – 5:45 P.M.

Where: The 4th Floor of the Vanier building in the Centre for Psychological Services and Research, University of Ottawa, 136 Jean-Jacques Lussier ([map](#)). Click these links for campus [parking](#), and [OC Transpo](#) travel planner.