

Interpersonal Group Therapy For Therapists

Deepen Your Work and Connect with Others

Led by Zach Bryant, Ph.D., CGP

Wednesdays: 8:00-9:30 a.m. - Nashville, TN (Green Hills) - \$80/session - Initial 3-month commitment



Are you a therapist interested in a place to connect with peers, reflect on your life and inner world, and deepen your personal and professional growth?

Join this weekly **Interpersonal Therapy Group** designed for mental health clinicians of all stages of development.

This group is an opportunity to grow your self awareness and professional competence surrounded by others who understand the complexities of being in the field.

This group is for you if you want a supportive space to:

- Explore how you relate to others
- Work through patterns that may show up both professionally and personally
- Deepen your capacity to be present and to feel the full range of emotional experience
- Discover and resolve blind spots that impact your work and relationships
- Experience the power of being seen by others
- Receive support around challenging clinical situations including the loneliness/isolation often associated with being a mental health practitioner

Seldom in life do the same group of people get together for an hour and a half each week to talk confidentially in an emotionally engaged way. Doing so can be quite powerful!

This group will be ongoing and is limited to 10 participants.



My name is Zach Bryant, and I am a licensed psychologist who has been in private practice in Nashville since 2011. Some of my areas of interest include relationship issues, family of origin concerns, existential struggles, addiction/codependency/ACOA recovery, and grief. I provide individual, couples, and group therapy for adults.

I have played an integral role in bringing group therapy trainings to Nashville and currently lead a variety of groups for adults, one of which I co-lead with my partner/wife, Ruth Bryant, LCSW (www.ruthbryant.com). We have been married since 2005 and have a teenage daughter and son. More information about my practice can be found at www.zachbryant.com.

I love working with folks from all walks of life and am especially drawn to helping people who are eager to learn, committed to personal growth and who want to be more present in life. I am also committed to making more group therapy experiences available to therapists.

Scan the QR code below to read my article "[Why Join An Interpersonal Therapy Group?](#)" or to see my current group offerings.

Contact me directly at (615) 975-0346 or zacharyebryant@mac.com if you are interested in joining a group or would like additional information.



www.zachbryant.com

Note for therapists: I welcome your interest in any of my groups, not just those specifically for therapists, and would be glad to connect!