

WINTER OFFERING

Thresholds: A client process group

Facilitated by Mariah Hutchinson, MAAT, LPCC, ATR & Kenlee Valleskey, MA, LPC
Location: Open Space Studio 2608 Blaisdell Avenue South, Mpls 55408

Please note: this is a closed therapeutic group for clients of Kenlee Valleskey & Mariah Hutchinson who have foundational understanding and experience with attachment language, and openness to somatic practice and Internal Family Systems (IFS).

“This is a solitary journey we cannot do alone.” -Ira Progoff

Together we will explore the theme of *thresholds*—the many messy middles, the not-yet and in-between places of our lives within a supportive group setting. Whether you are shedding a particular belief, identity, narrative, relationship, role or way of being in the world:
you are welcome and wanted here.

THEMES

In this support group we will be exploring the following themes, with focus on space for clients to integrate what they are exploring therapeutically within community. Groups will include somatic grounding, guided reflection, with focus on group processing & support.

January: The threshold

What’s your threshold? What are you outgrowing?

February & March : The shedding

What parts of me need to be allowed, witnessed, supported to allow something new?

April: The new invitation

Exploring new forms of connection and partnership with ourselves moving forward

THE DETAILS

Thursday evenings, 4 month commitment 6-8 pm

Energetic exchange: \$75 per gathering, \$300 total investment

**2 spots will be held at reduced rates for any clients whom finances are a barrier at this time.*

**Groups will run with 6 participants, 8 participants max*

Any questions? Please reach out directly to Kenlee or Mariah
info@kenleevalleskey.com | mariah@alongthewaytherapy.com

