



Announcing a New Psychotherapy “Process” Group for Men and Women



Facilitated by James Tobin, Ph.D.

Licensed Psychologist PSY 22074

Description: There is arguably no better way to learn about yourself and discover your “blindspots” than in the context of a group. Scientific research has shown that group psychotherapy is beneficial for a range of psychiatric issues, relational struggles, and the typical distress that emerges when facing the challenges of work, relationships, and friends/family.

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- Begins:** Saturday, October 7, 2017
- Meeting Times:** First and Third Saturday of Every Month (Group #1 occurs 10:15 to 11:30 AM; Group #2 occurs 1:15 to 2:30 PM)
- Meeting Location:** The Water Garden Business Center, 23421 South Pointe Drive, Suite 130, Laguna Hills, CA, 92653
- Fee:** \$40.00 for each group therapy session
- Pre-Group Screening Interview:** Required (fee is \$75.00). Please contact Dr. Tobin at 949-338-4388 or at jt@jamestobinphd.com to schedule this interview
- Commitment:** A formal commitment to participate consistently in ongoing sessions is required to gain membership into the process group.

Dr. Tobin maintains a private practice in Newport Beach and Laguna Hills, CA in which he specializes in psychoanalytic psychotherapy with adolescents, adults, parents and couples. He is also Assistant Professor of Clinical Psychology at The American School of Professional Psychology/Argosy University where he teaches courses in psychoanalytic theory and technique, psychopathology, couple/family therapy and group therapy. Dr. Tobin is a former advanced candidate in psychoanalysis at the Psychoanalytic Institute of New England, East (PINE) and former staff psychologist in the Department of Psychiatry at the Massachusetts General Hospital and Clinical Instructor, Harvard Medical School. He received an A.B. magna cum laude in Psychology and Social Relations from Harvard University, and a Ph.D. in Clinical Psychology from The Catholic University of America in Washington, D.C.



James Tobin, Ph.D.

James Tobin, Ph.D. PSY 22074 | 949-338-4388
5020 Campus Drive | Newport Beach, CA 92660
jt@jamestobinphd.com | www.jamestobinphd.com



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What is a Psychotherapy Process-Oriented Group?

Groups are primal and ubiquitous: as children we were raised in and by groups, and groups constitute most of our formative experiences across the lifespan -- whether in school, at work or in the community. Yet, most groups do not have at their core the direct objective of providing support to their members as well as observations, feedback, and relational experiences necessary to support growth and change.

This is precisely the aim of a psychotherapy process group.

In a process group, members come together on a regular basis to share their experiences, both within and outside of, the group, and to utilize the emerging dynamics of the group culture and the interactions between its members as a vehicle for personal discovery. In a sense, the group is a “laboratory” -- each member can achieve new realizations about him- or herself and “try on” new roles and ways of being that may directly impact their “real” life outside of the group. Within this specialized small group process, the vitality of an established group may lend to the potential of opening up channels of communication that can have the shared capacity of being

Dr. Tobin’s Group Meeting Schedule

(first and third Saturday of every month, beginning on October 7, 2017)

Men’s Psychoeducational Group: 9:00 to 10:00 AM

Psychotherapy Process Group #1: 10:15 to 11:30 AM

Dating/Relationship Group: 11:45 AM to 1:00 PM

Psychotherapy Process Group #2: 1:15 to 2:30 PM

Location:

Water Garden Business Center
23421 South Pointe Drive, Suite 130
Laguna Hills, CA 92653
