

Women's Therapy

GROUP



Every Saturday
12.15 - 1.45 P.M.
\$70/Session

Minumum of 5 Sessions required
Suitable for Women aged 25-40
Limited to 6-12 participants

This women's Therapy Group is a safe and supportive place to help women tackle self-defeating and irrational thoughts during difficult periods of their lives. It is designed to improve the quality of women's life by both nurturing the self and others in this healing process. Women will grow to be more aware of the importance of self-worth and value relationships with others.

The group's main highlight covers different developmental concerns to help women tackle various types of challenges faced during different transitions of their lives.

The first women's group therapy session will emphasize on women's entitlement, confidence and self-esteem.

THE PSYCHOLOGIST

PIYALI
CHAKRABARTI



Piyali is a Singapore Registered Psychologist (SRP) and an Approved Supervisor recognized by the Singapore Psychological Society. She completed her M.Phil in Medical & Social Psychology (specialization in Clinical Psychology). Piyali was also previously served as the head of the Psychology Department at the Cerebral Palsy Alliance Singapore.

Piyali is a Certified Choice Theory Reality Therapist (CTRT) through the William Glasser Institute of Singapore. CTRT is based on the principals of helping people to learn internal control and improve important relationships. As a certified CTRT therapist, she uses the knowledge, skill, and principals of CTRT and Lead-Management as authorized and endorsed by Dr. William Glasser. She is also trained in Cognitive-Behaviour Therapy (CBT).

Piyali has a wealth of experience in handling clients from Singapore and abroad, and is keenly aware of the challenges and potential adjustment issues that expatriates and their families may face when settling in Singapore. Her clinical interests include managing anxiety, depression, and a wide range of psychological and behavioral issues that are related to major life-style changes like moving to a new country, smoking cessation, life changes (marriage, parenting concerns etc), and relationship changes for children and adults.

**For more information or to Sign Up,
contact us via the following:**

EMAIL

workshop@scottpsychologicalservices.com

CALL

+65 6733 8919