

SELF INTEGRATION MODEL – Past, Present, Future

**WANT TO LEARN MORE ABOUT YOURSELF?
WANT TO BREAK BAD PATTERNS?
WANT TO BE HAPPY?**

Donna's wait list has grown and as a result, she has had to turn a lot of people away. Donna believes strongly in her work and therapeutic model, and would like to help people work at becoming better versions of themselves. It is for this reason that she will be offering group workshops – to spread her model of therapy and to reach more people.

The goal of these workshops is for individuals/couples to understand Donna's therapeutic model and apply it to the areas of their lives they wish to explore, work on, or make better. The model allows people to acknowledge parts of the self and understand how these parts are interrelated and integrated. Through teaching of her model, exercises, and self reflection, individuals will be able to identify the trouble spots in themselves, understand the origins of these trouble spots, and find ways of making them better. Be it for your own individual work, work within a couple context, or even work between adult child and parent, this model can facilitate an understanding that could be blocking your happiness.

If the notion of group work or workshop puts you off, please know that in this format you are free to attend and participate as little or as much as you like.
AT YOUR OWN PACE! No pressure.



If you are interested in sharing Donna's excitement,
please contact her assistant;

Melanie: **416-784-3370**
melanier1988@gmail.com

3080 Yonge Street • Suite 5016 • Group Room
Mondays • September 12, 19, 26, 2016
6:30 p.m. – 8:30 p.m.

COST: \$500.00 / per person (for 8 hours of workshop)

As Donna is a licensed Psychologist, a portion of these fees can be covered by your extended health care insurance coverage.

Donna Jacobs

M.A. C. Psych. Psychologist

www.donnajacobspsychologist.com