

PROCESS THERAPY INSTITUTE

LIVE TOGETHER
HEAL TOGETHER
THRIVE TOGETHER

1st & 3rd
Thursday evenings

6:00 pm - 7:30 pm

Process Therapy Inst.
595 Millich Drive #102
Campbell, CA 95008

To register:
Set up a free phone chat to
learn more about the group.

Karla Brown, MFT Intern
408-963-6694 ext. 404
karla@processes.org

SOCIAL CONFIDENCE is an ongoing therapy group. Each member is asked to make a personal commitment to attending a minimum of 10 consecutive sessions. FREE group. Donations to PTI appreciated.

Karla Brown is an MFT Registered Intern #73579, and is under the supervision of Carol Hadlock, MFC #15315.

PTI is a non-profit and non-discriminatory organization

SOCIAL CONFIDENCE

Therapy group for high-functioning, neurodiverse teens and young adults (15 - 22) who have difficulty expressing themselves.

Let's work together to help you move through the roadblocks that are in the way of you getting the life you want.

SOCIAL CONFIDENCE is a little therapy and a little play. This ongoing therapy group is designed to help you say what you need to say and to feel good while doing it.



About the therapist:

Karla holds a BA in Communication Studies from Cal State Sacramento and an MA in Counseling Psychology from the University of San Francisco. As a therapist, Karla knows well the debilitating nature of anxiety, depression, fear and general misunderstandings.

For three years, Karla has worked in the California Regional Center system helping children and adults with developmental disabilities and their family members to advocate for themselves. Through coaching and advocacy, the individuals Karla has worked with have been able to access specialized resources and needed services. Just as important as meeting needs, individuals and families have been able to live more fulfilled by getting what they want.