

Interpersonal Process Group

Dr. Erika Pluhar & Dr. Joshua Noblitt

Would you like to take your journey of personal growth to the next level?

- Group psychotherapy is a unique, powerful, and cost-effective form of therapy.
- Group is an excellent place for you to gain insight about yourself and to understand how others experience you.
- Being able to witness others work in a therapeutic context offers you the opportunity to learn through observation and to reflect on your own personal growth.

What can I expect to gain from being a part of this group?

You can anticipate learning a great deal about yourself in this group. Participants will be able to receive honest, encouraging feedback from others who also are on a journey of self-discovery and growth.

Group psychotherapy offers the opportunity to build the following skills:

- Assertive communication
- Giving and receiving feedback in a productive and growth oriented way
- Managing conflict
- Tolerating vulnerability in self and others Creating connected, safe relationships and developing a unique support system



Drs. Joshua Noblitt and Erika Pluhar have a collective 40+ years of clinical experience and have facilitated many different types of groups. Both run successful practices in Atlanta area and enjoy working together to support clients.

What? Where? When? How Much?

What: Weekly interpersonal process group for all genders

Where: 1720 Peachtree Road NW, Suite 510, Atlanta, GA 30309

When: The group will meet 90 minutes weekly on Thursdays from 12:00 to 1:30 pm. A 6 month minimum commitment to the group is required. After 6 months, participants can determine how long they would like to continue in the group.

How Much? The charge for each group therapy session is \$105, which can be paid monthly. You pay to hold your spot each week so the missed appointment policy does not apply. You also will pay for one-time joint interview with the facilitators. We can provide insurance receipts for you to submit for out of network reimbursement.

Next Steps?

To join this group, you will need to have an interview with the facilitators.

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Joshua M. Noblitt
CREATIVE APPROACHES TO HEALING

