



David Ward
LCSW, LADC



David Ward is a Specialist in Group Therapy. He has a Master's Degree from the Boston University School of Social Work, specializing in clinical group work, and earned his Bachelor's Degree in Social Work from the University of Southern Maine. He is a member of the Northeast Society for Group Psychotherapy, and the American Group Psychotherapy Association, and has trained at both conferences. He is a Licensed Clinical Social Worker and Licensed Alcohol and Drug Counselor, helping people change and grow for more than twelve years. He creates a safe space for growth and healing, and uses compassion and humor in helping people change. In addition to group therapy, David sees individuals, adults and couples in his private practice in Yarmouth, Maine.



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*261 Main Street
Yarmouth, ME 04096*



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Group Therapy



for Personal Growth

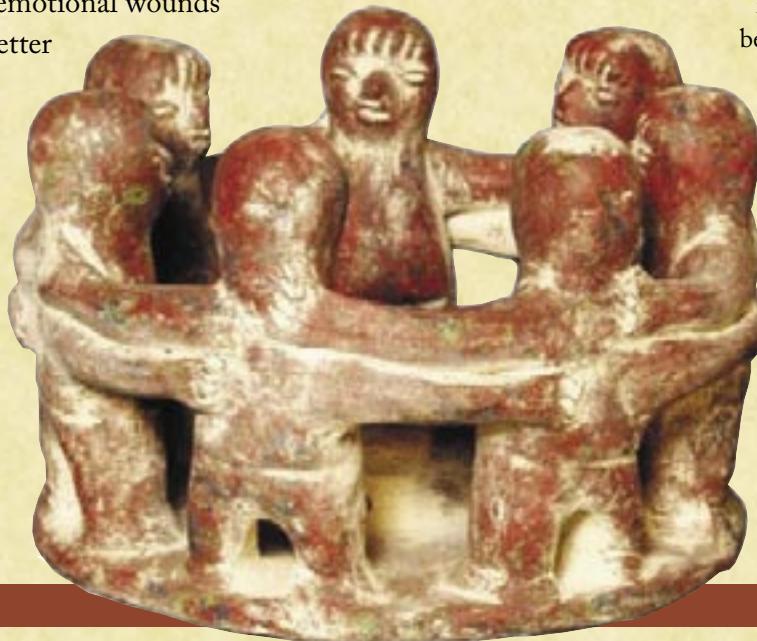
261 Main Street
Yarmouth, Maine 04096
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207-846-3422

It's About the Relationships...

When seeking therapy, we're not just a cluster of symptoms to be treated as some insurance companies might think. Some of our biggest struggles are concerned with what's most important to us; our relationships. Issues we can struggle with are the inability to maintain long-term satisfying relationships, communicate effectively from the heart, and understand and be understood by others. Old wounds from the past, low self-worth, settling for less, and repeating unhealthy patterns can also limit us. Group therapy is one of the best healing modalities to learn the skills to improve our relationships with ourselves and others. In group, we are able to find a safe space to learn how to express our thoughts, feelings and needs, heal emotional wounds from the past, and feel better about ourselves.

Additional benefits include exploring our roles in relationships, how we experience and affect others, and learn how others experience us. A psychotherapy group is composed of up to 8 people for personal growth and change.



Groups Offered:

Men's Therapy Group

Tuesdays 6:00 - 8:00 p.m.

Fee: \$45 /session



Psychotherapy Group for Men & Women

Thursdays 5:00 - 6:30 p.m.

Fee: \$45 /session



Men's Therapy Group

Thursdays 7:00 - 9:00 p.m.

Fee: \$45 /session

(Between 2-4 pre-group interview sessions are offered to prepare one for entry into the group, and begin to explore past group experiences with peers and family. All groups are ongoing, meet weekly, and are facilitated by David Ward, LCSW, LADC. Some insurance accepted).

Some Benefits of Group:

- Develop new relationship skills.
- Discover the connections between your personal struggles, and how they are reflected in your relationships.
- Increase your capacity for intimacy and healthier communication.
- Experience a safe environment to risk and explore thoughts and feelings with others.

Common Issues Addressed in Group

- Anxiety & Depression
- Relationship Difficulties
- Adult Life Transitions
- Aging
- Self-esteem problems
- Intimacy & communication
- Healing from abuse/neglect
- Identifying feelings



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For more information call
207-846-3422, or visit:
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