

THE NOURISHED PRE-LICENSED THERAPIST

A PSYCHOEDUCATION SUPPORT GROUP
FOR TRAINEES, ASSOCIATE THERAPISTS &
COUNSELORS



with Monique Valle,

M.S., AMFT, QTAP, she/her



SPRING COHORT BEGINNING APRIL 2023

WHAT:

- A 6 session closed group for trainees, associate therapists, & counselors
- Tools & structured psychoeducation to manage burnout & your new career
- Compassionate support, consultation, & process space
- Empath/Highly sensitive person tailored support
- Community building among colleagues

WHEN:

- April-June: Starts Tuesday, April 11th at 4p via online.
- Dates: Tuesdays: 4/11, 4/25, 5/9, 5/23, 6/6, 6/20
- Sign ups close 4/10

FEE:

- \$399 per person for whole group series
- Discount, payment plans, and limited sliding scale options available

CONTACT:

- Email monique@gatherandgrowoc.com
- <https://www.therapywithmoniquevalle.com/thenourishedtherapistgroup>

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@GATHERANDGROWOC

ARE YOU A TRAINEE OR ASSOCIATE THERAPIST?

- Were you drawn to this work as an empath/highly sensitive person and you feel like you're absorbing everything? Energetically and emotionally carrying your work home with you?
- Are you having a difficult time managing your stress or compartmentalizing your new role as a therapist and your personal life?
- Are your self-care and coping techniques just not cutting it any longer?

THE NOURISHED PRE-LICENSED THERAPIST GROUP OFFERS:

- Compassionate support and consultation
- Community building among colleagues
- A place to network and release with others having similar experiences
- Empath/Highly Sensitive Person support
- Tools and psychoeducation to manage burnout and your new career

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DETAILS

The Nourished Pre-Licensed Therapist Group

WHAT:

- Consists of structured psychoeducation
- Support/process space
- Guest lecturers

WHEN:

- 3 month group (April-June)
- Meets online via Google Meet

Chapter 1: Self-Compassion & Mindfulness

TUESDAY, APRIL 11TH
4P-6P ONLINE

Chapter 2: Self-Nourishment & Self-Care

TUESDAY, APRIL 25TH
4P-6P ONLINE

Chapter 3: Imposter Syndrome & Perfectionism Recovery

TUESDAY, MAY 9TH
4P-6P ONLINE

Chapter 4: Nervous System Regulation, Protection, Releasing, & Boundaries

TUESDAY, MAY 23RD
4P-6P ONLINE

Chapter 5: Finding Your Specialty, Niche, or Passion

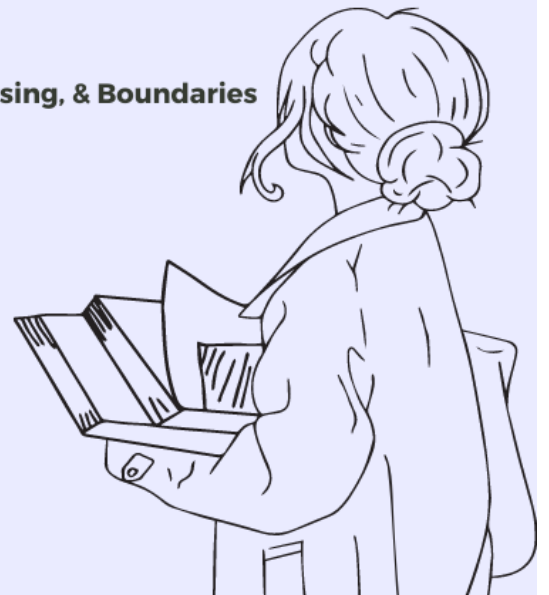
TUESDAY, JUNE 6TH
4P-6P ONLINE

Chapter 6: Integration

TUESDAY, JUNE 20TH
4P-6P ONLINE

SESSION TOPICS SUBJECT TO SHIFT

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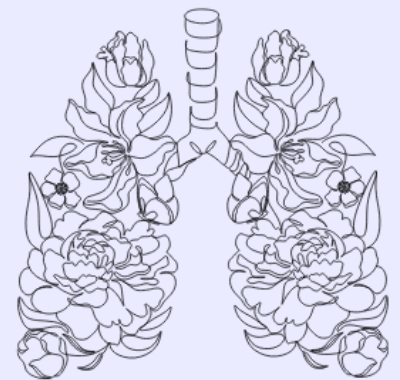
LOGISTICS:

- Group is limited to 8 people
- Group is structured foundationally and meant to be attended in full (6 group sessions)
- **\$399 per person for whole group series**
 - Priced to honor my time, knowledge, and energy while also trying to remain accessible.



PAYMENT OPTIONS:

- Discount:
 - Pay in full up front and receive \$30 off (\$369)
- Payment plan available:
 - \$99 to hold your spot
 - \$100 per month
- Sliding scale options:
 - Please inquire to see if spots are still available*
 - **\$349-\$399/group series**
 - For those who are able to meet their basic needs but have little-to-no expendable income. Paying for this group may qualify as a sacrifice but would not create hardship.
 - **\$299-\$349/group series**
 - For those who struggle to meet basic needs and paying for this group would still be a significant hardship.



DETAILS

The Nourished Pre-Licensed Therapist Group

FOR MORE INFORMATION AND TO SIGN UP, PLEASE CONTACT:

- Email: monique@gatherandgrowoc.com
- Phone: (657) 217-6205
- Or sign up through the link:
 - <https://www.therapywithmoniquevalle.com/thenourishedtherapistgroup>



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