

Latinx Therapy Group

GROWING THROUGH CONNECTIONS WITH OTHERS

LOCATION: Online via Zoom

TIME: Wednesdays 5:00-6:30pm EST

INVESTMENT: \$65 per session

Dr. Sophia Aguirre, PhD, CGP is a Licensed Psychologist and Certified Group Psychotherapist. She has over 15 years of experience running interpersonal process groups. She has developed specialized training in group psychotherapy through the American Group Psychotherapy Association. Her additional areas of clinical expertise include working with Latinx and BIPOCs, trauma recovery, relational struggles, identity concerns (ethnic identity, gender identity, & sexual diversity), and working with perfectionism and high-achievers. She works with individuals, couples and groups.



ABOUT THIS LATINX THERAPY GROUP

This group provides a supportive space for Latinx adults to process their personal struggles and explore healthier ways of relating to others. Insight and self-growth are facilitated as members share their struggles, provide support, exchange honest feedback, and practice more honest, authentic ways of relating. Group will be facilitated from an **anti-racist, de-colonized framework** that promotes resilience, healing and the opportunities to:

- Foster insight, self-exploration, & self-awareness
- Identify and express your feelings, needs and wants
- Cultivate deeper, more fulfilling relationships
- Develop increased self-acceptance and compassion
- Process racial-trauma (microaggressions and racism)
- Navigate struggles with intersectional identities
- Cultivate connections with Latinx peers.

This group strives to be an inclusive space that is affirming of diverse identities: all Latinx-identified adults from diverse cultural backgrounds, sexual orientations and gender identities are welcomed.

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