

# Private Group Therapy for Addiction Recovery

With Ann Coleman, LMSW, CBT



I'm a psychotherapist certified in Bioenergetic Analysis (BA), which is an analytic therapy. I've worked my own recovery and also done my own deeper therapy work. I have 23 years of experience and have been in private practice since 2008. I believe that profound healing from addiction can happen if we look at our history and how it formed us, re-create new ways of being in relationship, and learn what problem solving really is. BA is a body-based therapy, so knowing ourselves involves knowing our bodymind—head, heart, and gut.

Step into a private, closed group setting with confidentiality and safety. Connect more deeply with yourself and others so that you can heal what caused your addiction in the first place. Enhance recovery by learning how your individual character traits both help and hurt you. Distinguish between authentic connection and the games people play. Find more ease in sober living. Evolve from sobriety maintenance towards *Self Recovery*.  
Self Acceptance, Self Expression, Self Possession

Neutralize shame. Choose instead of react.

**Contact Ann at 248 709-2332**

**Any type of addiction welcome**

**No 12-step work required**

**1 initial individual therapy session  
required to join**

**Weekly, Tuesdays 1:00-3:00,  
starting August 2017**

**\$50 per session**

**2791 East Walton Boulevard,  
Rochester Hills**

**Registration Required**