

"The universe is infinite creativity. Spontaneity is the constant companion of creativity. It is the existential factor 'intervening' for creative processes to be released." Jacob L Moreno.

"If I speak of myself in different ways, that is because I look at myself in different ways." Michel de Montaigne.

"We are the mirror as well as the face in it. We are tasting the taste this minute of eternity. We are the pain and what cures the pain. We are the sweet, cold water, and the jar that pours." Rumi.



"Nietzsche's message to us was to live life in such a way that we would be willing to repeat the same life eternally." Irvin D Yalom, The Schopenhauer Cure

"In the sweetness of friendship let there be laughter, and sharing of pleasures. For in the dew of little things, does the heart find its morning and is refreshed." Kahlil Gibran, The Prophet

Wellspring Scotland Ltd
13 Smith's Place, Edinburgh, EH6 8NT
Group facilitator - Gary Smith - 07944775963
commongroundarts@onetel.com - www.wellspring-scotland.co.uk
Reg no: 168948 Charity no: SCO 12522

Wellspring

centre for psychotherapy and counselling

Weekly Therapy Group

with Gary Smith

UKCP Registered Psychotherapist. MBACP (Accred)

An opportunity to join a 10 week therapy group at Wellspring, to explore life issues in a safe and confidential setting.



Time: Mondays 5.15pm - 7pm

Starting date - to be confirmed 2026

Cost: On a sliding scale £25 - £45 per week.

Venue:

Wellspring, 13 Smith's Place, Leith, Edinburgh, EH6 8NT

Contact: 07944775963

email: commongroundarts@onetel.com

See group info page: www.wellspring-scotland.co.uk

This 10 week group offers an opportunity to embark on a shared journey, learning more about how you relate to others, enhancing awareness, and experimenting with being and behaving differently in a safe and supportive setting.

There can be great benefit to sharing difficult and painful life experiences with others. Being heard and recognised in therapy can be liberating, empowering and can lead to feeling less isolated. The group experience enables this to take place in a wider context than individual therapy.

You may be or have been in individual therapy and now want to explore being in a group. Sitting alongside individual therapy, group therapy can offer a complementary experience and a group may be your first experience of therapy.

Working within a flexible structure, Gary will draw on gestalt therapy, psychodrama action methods, creativity, journal writing and mindfulness practice. Taking a positive view of human potential, Gary aims to work through affirming individual strengths and resources, and will draw on these to explore the potential for change in a lively, encouraging and creative way.

Facilitator

Gary Smith is a psychotherapist, supervisor and experienced group facilitator with over 30 year's involvement in personal development work with both individuals and groups, including working with people with learning disabilities, adults on the autistic spectrum, an arts worker in mental health projects, teaching in further education and as a freelance community artist. Gary has trained in Gestalt Psychotherapy, Community Theatre, Psychodrama Psychotherapy and Supervision. He is committed to his own creative and personal development, has practiced meditation for many years, and is a founder member of a Playback Theatre company.

Gary abides by the code of ethics of UKCP, BPA, and BACP.

Further Information & Booking:

Wellspring, 13 Smith's Place, Edinburgh, EH6 8NT.

Email Gary at : commongroundarts@onetel.com Tel: 07944775963

BOOKING FORM

I would like to book a place on the weekly therapy group.

☐

I would like to pay the full fee for 10 weeks in advance.

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I would prefer to pay the fee weekly in advance.

Payments by bank transfer.

Please email the form to: Gary Smith at: commongroundarts@onetel.com.

Gary will contact you to arrange a 40 minute one to one session on Zoom prior to joining the group, which will cost £15.

Name: _____ Age _____

Address: _____

Tel: _____ Mob: _____

Email _____

Please make a statement about yourself and what you hope to get from the group.

The group will involve sharing from personal experience, please inform me if there is anything I should be aware of in order to support your full participation.
