



“

It's the
relationship
that heals.

—
Irvin Yalom

A place to explore more of yourself, with others.

We discover who we are through relationship.

This monthly therapy group offers a unique opportunity to notice how you meet others, how others meet you, and what emerges in the space between. Through dialogue, creative experimentation, reflection, and genuine encounter, we invite you to explore more of yourself in a relational space where curiosity, creativity, and genuine encounter are welcomed.

Whether you are looking to understand yourself more deeply, navigate challenges in your life or relationships, or simply want a space to reflect and grow alongside others, this group offers an opportunity to do that together.

This is an ongoing, long-term group designed to support depth, trust, and continuity. We ask for an initial commitment of three months, creating the conditions for meaningful exploration and authentic connection to emerge.



MONTHLY
SATURDAYS
2pm–6pm



THERAPY
SPACE EAST
Shoreditch



£70
per session

Kelly Field

UKCP-accredited Psychotherapist



kelly@kellyfieldtherapy.com



www.hackneytherapist.com

Jemma Crowe

UKCP-accredited Psychotherapist



jemmacrowe@gmail.com



www.therapyspaceeast.com