

CARERS GROUP

AS NATURE INTENDED

22ND SEPTEMBER

10:00AM-12:00PM

2 Farnells Road
Katoomba.

MOKSHA THERAPY
PSYCHOLOGY PRACTICE.

Nature has taken care of humans for over 300,000 years. Caring is crucial to growth, and keeping connected to the carer is essential for moving forward.

A core assumption is that an emotional system that evolved over several billion years governs human relationship systems. People have a "thinking brain," language, complex psychology and culture, but they still do all the ordinary things that other forms of life do.

The emotional system affects most human activity and is the principal driving force in developing clinical problems. Knowing how the emotional system operates in one's family, work, and social systems offers new, more effective options for solving problems in each area.

For further information, please visit

www.mokshatherapy.com.au

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At Moksha Therapy Psychology Practice, we run a carers group for individuals who want to understand their emotional system and how they can benefit from integrating their learned experience with a group of like-minded people.
