

Therapeutic Counseling Services

- Individual, Group and Family Therapy

Therapy for Adults,
Families and Couples

Mental Health Assessment and Treatment

Treatment for
Substance Abuse

Treatment for Sexual,
Physical & Emotional
Abuse



Living in Health and Freedom



“Of the Earth, but not on the earth”

Genesis

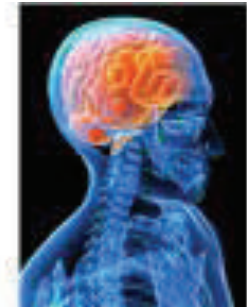
102-06 Metropolitan Avenue
(entrance on 71st Avenue, one flight down)
Forest Hills, NY 11375

Phone: 718-544-5997

Fax: 718-544-5488

E-mail: davidgenesissociety@gmail

Genesis Tree of Life



Holistic Wellness Services

tel. 718-544-5997

Therapeutic Focal Groups

- Homogeneous groups focused on specific client populations.
- Qualities commonly part of our group therapy model.

A High degree of structure
A specific and limited target issue (everyone presenting with the same problem)
Placing a high value on efficiency (homework and structured exercises designed to promote rapid change)
A high educational function
Discouraging attention to transference issues

Focal Group Advantages

Promoting greater group identification
Faster cohesion because everyone presents with the same problem
Effectively reducing stress

Therapeutic Counseling Services

- Individual, Group and Family Therapy

Therapy for Adults, Families and Couples
Mental Health Assessment and Treatment
Treatment for Substance Abuse
Treatment for Sexual, Physical & Emotional Abuse

What You May Expect In Our Groups

- Learning self-care skills for healing and mind-body integration:

pain management
meditation
visualization and imagery work
reframing
relaxation response
autogenics
biofeedback
dance and movement
re-programming
breathwork

Greater symptomatic relief than traditional heterogeneous group

Mind-Body Groups:

The connection between mind and body has only recently become a subject of investigation in our western health care system. The evidence is overwhelming that stress is a contributing, if not causative factor in many of our chronic medical conditions.

Many of the patients that comes to us, presenting with a physical condition, when asked, are also aware of the fact that there are accompanying emotional issues associated with their condition. Emotions and thoughts often create stress and affect the quality of your daily life, and can play a significant role in the outcomes of your healing.

Focal Groups:

“Homogeneous group treatment may be the treatment of choice for symptom relief and for situations in which time, expense, and patient resources are limited.” Klein (1985)