

# The Spaces in Between...

## Women in Private Practice: WIPP

*Remember monkey bars? The hot feeling in your palms, the dreading letting go. As a child I would hold on until any momentum in my body was gone. And then I would have to drop, off the bars, free falling...*

*It's not so much that we are afraid of change or so in love with the old ways, but it's that place in between that we fear... Odd liminal spaces, in any transition, from life to death, from here to now. It's like being between trapezes. It's Linus when his blanket is in the dryer. There's nothing to hold on to".*

Life is a Verb, Patti Digh 2008 (Artwork: Clare Hartigan)



In the busyness of life, and running a private practice, rarely do we get to stop and be with those spaces in-between. The highs and lows, the excitement mixed with the self-doubt, the hard grit and the reward. This online group is for women who are starting out or already traversing the private practice space and want:

- To take a deep dive (off the monkey bars) into growing self-awareness and self-compassion.
- A safe space to share challenges and successes, wisdom and skills.
- A small network of women with feminist values, who understand the ups and downs of this work.
- Practical support, resources and strategies to navigate the private practice space.
- A focus on wellbeing and nurturing ourselves and each other.

A monthly online group, with a maximum of 5 participants. Sessions run for 2 hours and include the following:

- Brief meditation to ground self into the space
- Sharing space – space to check in, share struggles and achievements, share wisdom and resources.
- Art therapy/parts work process – the liminal spaces in between
- Wellbeing wrap up: Self-care strategy to take away for the month.

### Dates and times:

**Starting Tuesday 7<sup>th</sup> May 530pm-730pm ADT (First Tuesday of the month ongoing)**

**Starting Friday 24<sup>th</sup> May 930am-1130am ADT (Booked out – join wait list)**

(Face to face group in Southern Adelaide can be negotiated if there are enough participants – additional charges may apply to cover room hire)

**Cost \$90 per session**

*(In order to create safety, this group requires a commitment of at least 6 months, with understanding that payment is required even if not attending.*

*Parts of the group sessions can be recorded, with permission and recording shared)*

*Email Mandy at [thrivecounselling@bigpond.com](mailto:thrivecounselling@bigpond.com) to book or for more information.*



*Mandy is a Mental Health Social Worker with over 20 years' experience working in foster care, family violence, child protection and trauma work. She was also a respite carer for 8 years. She is currently working in private practice and consulting work in Dover Gardens South Australia.*



**MANDY FLINT**  
MENTAL HEALTH SOCIAL WORKER

ABN: 30 422 147 924  
DOVER GARDENS, SOUTH AUSTRALIA | MOBILE: 0430 544 470  
EMAIL: [THRIVECOUNSELLING@BIGPOND.COM](mailto:THRIVECOUNSELLING@BIGPOND.COM)

SCAN AND CONNECT

