



Are you feeling disconnected?

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## Befriending Belonging

An Interpersonal Process Group

*"Like the tree that puts roots deep into the clay, each of us needs the anchor of belonging in order to bend with the storms and reach towards the light." - John O'Donohue*

**Befriending Belonging** is an online interpersonal process group designed to help you explore who you are in relationship to others and strengthen your felt sense of connection and belonging. This group will focus on attending to here-and-now experiences and interactions, giving and receiving support and feedback, and experimenting with new ways of engaging that are authentic and relationally healing.

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**Group 1:** every other Monday, 6:00-7:30 PM

**Group 2:** every other Wednesday, 6:00-7:30 PM

**Group 3:** every Thursday, 4:00-5:30 PM

Online · \$60 per session

*Three-month initial commitment required.*

**CONTACT RYAN FOR MORE INFORMATION**

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Ryan Hofrichter, LPC, SEP is a Licensed Professional Counselor and Somatic Experiencing Practitioner working with individuals, couples, and groups in private practice in Portland, Oregon.

He integrates psychodynamic, experiential, somatic, attachment, and trauma-informed approaches in his work.

You can learn more about Ryan at [www.ryanhofrichter.com](http://www.ryanhofrichter.com)

