

Q & A About Group

Q: How long will the group meet?

A: This group will meet weekly for 12 sessions. Each session is 90 minutes long.

Q: Is there a fee for this?

A: Yes, in order to encourage ownership and participation by every member. Fees will be discussed in the screening session.

**Q: Is it a mixed group?
What if I'm the only guy/gal?**

A: This is one reason the screening session is so beneficial. We tailor the group composition so that everyone feels welcome.

Q: Do I have to talk?

A: You are welcome to talk, or to be quiet. Please note that being in group means that you are allowing others to react to how you interact with the group. If your silence (or lack thereof) is particularly noteworthy, someone in the group may decide to address it.

Q: Can I date another group member?

A: This is one of the topics that will be discussed in the first session.

Q: How do I sign up?

A: Call our office at 818-985-1211, and we will set an appointment for your screening session.



FROM DARKNESS TO LIFE

Staffed by PhD-level clinicians

Psychotherapy

Individual Psychotherapy
(Ages 15 and up)

Couples Therapy, Family Therapy, Group Therapy

Seminars & Workshops

Emotional Injury and Recovery
Healthy Dating

The Link Between Mental and Spiritual Health
Purposeful Parenting
Coping with Loss
Why Am I Still Single?

These topics can be tailored to suit the need of the audience, ranging from a single lecture to a series of workshops.

1 Lahad, K. (2013). 'Am I asking for too much?' The selective single woman as a new social problem. *Journal of Women's Studies International Forum*, 40, 23-32.

2 Band-Winterstein, T., & Manchik-Rimon, C. (2014). The experience of being an old never-married single: A life course perspective. *Aging and Human Development*, 78, 379-401.

3 Rosenau, D. E., & Tan, E. S. N. (2002). Single and sexual: The church's neglected dilemma. *Journal of Psychology and Theology*, 30, 185-194.

4 Stadtmiller, A. (2012). What happened to singles ministry? *Christianity Today*, 33(3). Retrieved from <http://www.christianitytoday.com/le/2012/summer/singlesministry.html#bmb=1>

5 Markus, H. E., & Abernethy, A. D. (2001). Joining with resistance: Addressing reluctance to engage in group therapy training. *International Journal of Group Psychotherapy*, 51, 191-204.

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Singles Group



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FROM DARKNESS TO LIFE

In the world of singledom, there are those who fully embrace being single...



and those who do not.

Providing support for the latter is what we aim to do. A recent study suggests that after 30, remaining single is unacceptable.¹ Indeed, single adults who have never been married often face discrimination or stigmatization—particularly if they are over the age of 40.² Even the church seems to overlook single people and their needs.³ For example, most churches lack a ministry for singles over the age of

...interact with fellow singles in an emotionally rich, and supportive context.

30.⁴ It stands to reason that singles in this age group can find it hard to experience support.

The singles group at Aim for Breakthrough is intended to fill this gap. Group therapy has been shown to effectively treat a

range of emotional concerns, including those that are interpersonal in nature.⁵ As such, group is an ideal place to process the sensitive issues surrounding singleness. Being in group gives each member the opportunity to interact with fellow singles in an emotionally rich, and supportive, context.

Possible Group Discussion Topics

- The focus on education or career took a lot of resources away from nurturing a romantic relationship.
- Settling down is appealing and scary at the same time.
- Too picky?
- Past emotional hurts have not been fully processed.
- Growing up with one primary caretaker.
- The primary caretaker was overly cold and/or critical.