



## Group therapy for Adoptees with Gabby Howse

The adoptee is separated from their mother before they have any understanding of concepts such as love, security or belonging. Consequently, they may start life with a basic sense of mistrust. They may not believe that any relationship will last; they may not think that there is any sense of continuity. Sometimes, to ensure they won't be abandoned again, the adoptee may put their heart and soul into making themselves into the perfect being; losing what is true to themselves in an attempt to eradicate their faults and blemishes. Other times they become so extraordinarily attuned to other people's displeasure that they recalibrate their entire self to be what others want - fearing abandonment. They may want someone to fix this terrible sense that further loss is around the corner. They may feel isolated, and, at times, that the burden of coping is theirs alone to carry - however it is not.

Gabby Howse is a psychoanalytic psychotherapist with over 25 years experience specialising in the area of adoption. She has an intimate understanding of the tumultuous love, the primitive loss and endless questioning of self, that is the adoptee's experience. Having worked one-on-one with adoptees, Gabby is now extending her practice to offer an eight week group therapy course. Gabby appreciates that there are common threads in the issues faced by all adoptees. She hopes that adoptees who attend group therapy will learn more about what it means to be adopted and in discussing and sharing with others - will feel less alone.

Gabby Howse  
0411651094  
gabby@gabby-howse.com

Where: 12 Wellington Pde East Melbourne

Dates: 4<sup>th</sup> February to 24<sup>th</sup> March 2020

Times: Tuesday evenings 6.30 to 8.00

Cost: \$400 for all 8 weeks

### Registration

Please call or email Gabby to register and discuss payment options. Participants must commit to all 8 sessions. Limit of 10 participants.