

Together We Heal

A REAL-LIFE PORTRAIT OF
RECOVERY IN GROUP THERAPY

by Szifra Birke & Kathy Mayer



SOMETIMES WE CAN DO TOGETHER
WHAT WE CANNOT DO ALONE.

TOGETHER WE HEAL brings you into the private world of group therapy.

On a rainy afternoon, eight people gather at a large, comfortable office for their first group therapy meeting. Male, female, married, single, divorced, all ages, each is feeling anxious about what's going to happen.

Therapist Szifra Birke and group-member-turned-author Kathy Mayer take you inside 16 meetings of group therapy, as participants reveal their deepest secrets, fears and yearnings in this heartwarming, dramatic and entertaining book.

As group members discover life-altering truths about intimacy and emotions, work, and family relationships, they are forever changed. The group experience as brought to life in TOGETHER WE HEAL lets the reader feel the deep satisfaction and healing that come of baring their souls, and ultimately the joy and comfort of learning they are not alone.

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SZIFRA BIRKE & KATHY MAYER

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"ELOQUENTLY DESCRIBES HOW TEN PEOPLE WALK THROUGH RECOVERY TOGETHER. THE AUTHORS' APPROACH IS MORE ENLIGHTENING AND OFFERS A FULLER PERSPECTIVE THAN PREVIOUS WORKS ON THE SUBJECT."

— Claudia Black

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Second Edition

Szifra Birke & Kathy Mayer