

Open Group

A new monthly group for men who went to boarding school, with Nick Wolstenholme and Marcus Gottlieb

We have designed this group to be in a slow, open format. We will not make assumptions about the effects of boarding, or 'boarding school syndrome', but will focus on exploration, compassionate curiosity, and learning from each other's experience. It will be a supportive, online space for us to bring ourselves, however we are, and to share ourselves if or when we feel ready.

To reserve a place as a participant, call Marcus on 07973 322 819 or email him at marcusgottlieb@gmail.com, or call Nick on 07861 584 391 or email him at info@nicholaswolstenholme.co.uk.

Structure: The group will meet via Zoom on the first Monday each month from 7 pm to 9 pm. We are asking for a commitment of 4 months to begin with, and then 2 months' notice in advance of leaving. The absolute maximum number of participants will be 20.

Cost: £40 per evening.

Initial dates:

Autumn 2024: September 9, October 7, November 4, December 2.

Spring 2025: January 6, February 3, March 3, April 7.

Marcus is a body-oriented psychotherapist in West London. Nick is a core process psychotherapist in East London. Former boarders ourselves, we have undergone extensive training in working with adult survivors of the boarding school system. We are UKCP/BACP registered and both have many years experience with all types of trauma, abuse and abandonment issues.