

# BELLA MIA

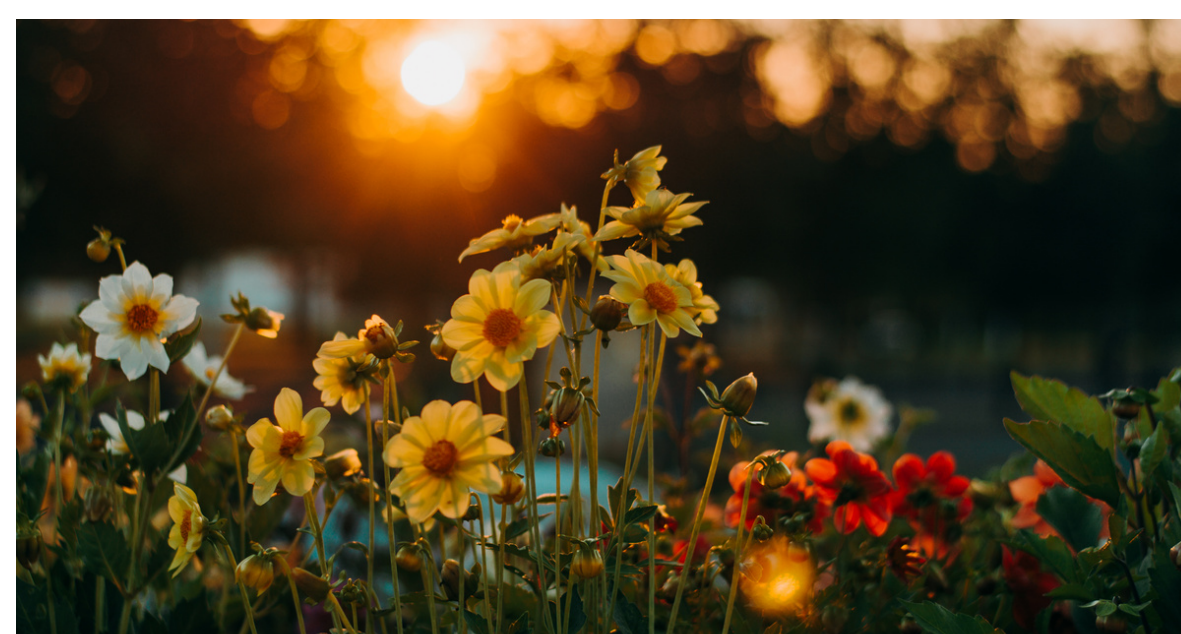
## WHAT?

“Bella Mia” is a group therapy which name means “My Beauty”. Why? We all know that the passage of time and ageing affect us physically with consequences that we experience at multiple levels. Among these we experience changes in our body that can affect us not only in terms of functionality but also of self-image. Most of us, if not all, detest this aspect of ageing, and this is confirmed by the massive growth of the aesthetic industry which is expected to almost double by 2028, particularly for requests made by women.

For many ageing seems not acceptable, it is viewed negatively and needs to be hidden from our own and others’ eyes.

“Bella Mia” group therapy aims at exploring the experiences that women have with their ageing bodies, the aspects behind this, and creatively look at ways of living in our body as it is and ageing gracefully.

## WHERE, WHEN AND HOW?



Where: Online, via Zoom.

When: 12 weekly sessions of 2 hours, from 18th October 2023 every Wednesday 7pm to 9pm CET.

How: The group is open to women and will include a minimum of 6 to a maximum of 12 participants.

Language: English

Cost: 300 euro

To book use the contact details below.



## WHO?

The group will be lead by Alessandra Merizzi, Clinical Psychologist and Gestalt Psychotherapist, specialised in psychogerontology and clinical neuroscience, author of the chapter “Gestalt psychotherapy and Ageing” and other papers.