



CONSPIRACY THEORIES

Social Reflections Group

Saturday 28 of August 2021

Venue, Level 3 41 The Terrace.

TOPIC Supporting yourself when you are concerned about a loved one/partner/friend.

People maybe drawn to conspiracy theories in order to satisfy important psychological motives.

Epistemic motives.

(The need for knowledge, certainty and information).

Existential motives.

(The need to be or to feel safe and secure in the world).

Social motives.

(People's desire to feel good about themselves as individuals and also feel good about themselves in terms of the groups that they belong to).

Social reflection groups are a method of beginning to understanding ourselves in the world and our interactions with others in society and the groups we may belong to.

We can use them to better understand ourselves and the roles we may play in relation to the chosen topic.

Culturally, socially, economically and spiritually groups are essential to the fabric of society.

Today, people are lamenting the loss of the group because of its power as a vehicle for material to emerge and for learning, holding and reflection to take place.

These Groups are a opportunity for people with similar concerns and experiences to come together and reflect on the given subject. The reflections maybe be outward and internal.

The groups are facilitated by John Savage.

John has been working as a Therapist in Wellington since 1998.

His work includes experience in residential treatment centres, therapeutic communities, outpatient treatment clinics, general counselling and psychotherapy for a range of issues. He is currently in private practice in Wellington. John holds Membership with the New Zealand Association of Psychotherapists and the New Zealand Association of Counsellors.

John is also a trainer, supervisor and teacher of Psychotherapists and Counsellors. He holds international qualifications as a teacher and supervisor including a Masters Degree in Science (MSc) from Middlesex University in London.

These groups are underwritten by a New Zealand Charitable Trust hence the low cost.

Cost: \$150.00

Numbers: each group is limited to fourteen participants.

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