

# DYNAMIC INTERPERSONAL THERAPY



**DO YOU OFTEN FEEL LIKE  
YOU HAVE TO HANDLE  
EVERYTHING BY YOURSELF?**



Brussels  
Mental Health  
Center

**DO YOU FIND IT HARD TO  
EXPRESS YOUR FEELINGS  
TO OTHERS?**

**ARE YOU STRUGGLING WITH  
RECURRING FEELINGS OR  
THOUGHTS WITHOUT A  
CLEAR REASON?**

**DO YOU OFTEN FEEL  
INFERIOR TO OTHERS?**

**In 12 group sessions, we'll explore together how your relationships affect your emotional well-being.** Whether you're struggling with depressive feelings, anxiety, difficulties in relationships, or persistent physical symptoms without a clear cause, this safe and structured group offers new ways of relating to yourself and others.

Guided by experienced psychotherapists Marjolein Stevens and Mélanie Bex, you'll have the opportunity to **gain deeper insight and discover how to strengthen your resilience in facing future challenges.**



Every Tuesday evening from 6:00 PM to 7:30 PM, starting from 18/11/2025 (12 sessions)

**Language** All sessions are in English

**Price** The individual intake session costs €86.69. Each group session costs €60.  
(Check with your health insurance fund for possible financial reimbursement.)



**Brussels Mental Health Center Flagey:** Renbaanlaan 71, 1050 Elsene

**GET IN TOUCH**



Scan the QR-code or email [marjolein.stevens@mentalhealth.brussels](mailto:marjolein.stevens@mentalhealth.brussels) to schedule an intake session.