



## Group: How One Therapist and a Circle of Strangers Saved My Life Christie Tate

Author of the *New York Times* bestseller *Group: How One Therapist and a Circle of Strangers Saved My Life*.

## Heidi Stevens

"Balancing Act" columnist for the *Chicago Tribune*, and co-host of "On Purpose: The Heidi Stevens and Dr. John Duffy Podcast."

**Thursday, January 14, 2021, 7:00 PM Central**

[www.bit.ly/TateFANWebinar](http://www.bit.ly/TateFANWebinar)

**PLUS: After-Hours Event!**

Purchase a copy of *Group* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Ms. Tate and Ms. Stevens. Details on the webinar registration page.

Presented by **Family Action Network (FAN)**,

in partnership with Compass Health Center, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Fusion Academy, Glencoe D35, Haven Youth and Family Services, Loyola Academy, Loyola University Chicago School of Law, Mindful Psychology Associates, New Trier High School D203, New Trier Parents' Association, North Shore Country Day School, Porter-Gaud Parent Association, Regina Dominican High School, Roycemore School, Stevenson High School D125, The Family Institute at Northwestern University, VillageMD, and Woodlands Academy.

This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+ [familyactionnetwork.net](http://familyactionnetwork.net)  
#familyactionnetwork #elevateminds #expandhearts #maketheworldabetterplace

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**FOR IMMEDIATE RELEASE: CHRISTIE TATE**

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**Thursday, January 14, 2021, 7:00-8:00 PM, Group: How One Therapist and a Circle of Strangers Saved My Life, a FAN Webinar feat. Christie Tate. Interviewer: Heidi Stevens. REGISTER: [www.bit.ly/TateFANWebinar](http://www.bit.ly/TateFANWebinar). BONUS AFTER-HOURS EVENT: Attendees who purchase a copy of Group from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Ms. Tate and Ms. Stevens that will start immediately after the webinar. Details can be found on the webinar registration page.**

In her *New York Times* bestselling memoir **Group: How One Therapist and a Circle of Strangers Saved My Life**, we learn about the wonderful, terrible day that **Christie Tate** learned that she was named the top student in her law school class. She also finally had her eating disorder under control. Why then was she driving through Chicago fantasizing about her own death? Enter Dr. Rosen, a therapist who calmly assures her that if she joins one of his psychotherapy groups, he can transform her life. All she has to do is show up and be honest. About everything—her eating habits, childhood, sexual history, etc. Ms. Tate is skeptical, insisting that that she is defective, beyond cure. But Dr. Rosen issues a nine-word prescription that will change everything: “You don’t need a cure, you need a witness.”

So begins her entry into the strange, terrifying, and ultimately life-changing world of group therapy. Ms. Tate is initially put off by Dr. Rosen’s outlandish directives, but as her defenses break down and she comes to trust Dr. Rosen and to depend on the sessions and the prescribed nightly phone calls with various group members, she begins to understand what it means to connect.

Ms. Tate will be interviewed by **Heidi Stevens**, “Balancing Act” columnist for the *Chicago Tribune*.

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