



# GROUP THERAPY

The Essence of “Healing” and Supporting Each Other

- **GROUP THERAPY** is a shared therapeutic experience which includes the presence of others who are working through similar issues.
- **Group Therapy can focus on:**
  - interpersonal relationships or on particular concerns shared by the group members.
  - helping you reach a myriad of different therapeutic goals.



# WHAT IS GROUP THERAPY?

- THERE ARE 2 TYPES:
  - Psycho-educational
  - Process-Oriented
- PSYCHO-EDUCATIONAL: Essentially, a psycho-educational group is focused on providing you with information about specific topics in order to give you additional resources or information.
- These kinds of psycho-educational groups are more structured; you will be provided with specific topics or modules to discuss and learn about.
- The intention is to provide you with more information about the topic, which is often identified in the name of the group.



- **PROCESS-ORIENTED**
- A “process” oriented group focuses on the experience of being in a group, itself, as the healing opportunity.
- For example, the process of expressing your thoughts, feelings, and experiences in the group, “in the here and now” can be the very vehicle by which you discover change.





# Why Choose Group Therapy?



- You may choose to join group therapy to supplement your primary therapy, to give you additional support, or as the sole component of your healing work.
- No matter what it is that you want to address in therapy, group therapy allows you the opportunity to share your healing journey and experiences with other members.
- Many attending group therapy report that it as a way to know that they “are not alone” and that there others, with similar experiences, who are supportive of them.



- In group therapy approximately 6-10 individuals meet face-to-face with a trained group therapist. During the group meeting time, members decide what they want to talk about.
- Members are encouraged to give feedback to others. Feedback includes expressing your own feelings about what someone says or does. Interaction between group members are highly encouraged and provides each person with an opportunity to try out new ways of behaving; it also provides members with an opportunity for learning more about the way they interact with others. It is a safe environment in which members work to establish a level of trust that allows them to talk personally and honestly. Group members make a commitment to the group and are instructed that the content of the group sessions are confidential. It is not appropriate for group members to disclose events of the group to an outside person.

# WHAT HAPPENS IN GROUP THERAPY?

- When people come into a group and interact freely with other group members, they usually recreate those difficulties that brought them to group therapy in the first place. Under the direction of the group therapist, the group is able to give support, offer alternatives, and comfort members in such a way that these difficulties become resolved and alternative behaviors are learned.
- The group also allows a person to develop new ways of relating to people.
- During group therapy, people begin to see that they are not alone and that there is hope and help. It is comforting to hear that other people have a similar difficulty, or have already worked through a problem that deeply disturbs another group member.
- Another reason for the success of group therapy is that people feel free to care about each other because of the climate of trust in a group.

# **Group Therapy Ideas & Themes**

[James Neill](#)

Descriptions of experiential activities, ideas and themes for exploring in group therapy settings.

## **Group Therapy Activities, Ideas & Themes**

### [Icebreakers, Warmups, Energizers, & Deinhbitizers](#)

Fun ways for groups to learn each other's names, get to know one another, and to loosen up inhibitions.

### [Trust & Relationship-Building Activities](#)

Physical, experiential activities which help people to explore and develop trust of themselves and each another.

### [Psychological Exercises for Insight & Self-Awareness Groups](#)

Experiential exercises through which participants can come to better understand themselves and one another psychologically.

### [Recreation Therapy Activity Index](#)

Well-organized, high quality descriptions of hundreds of recreation-based therapeutic activities.

### [Adventure Therapy & Wilderness/Nature Therapy](#)

How and why adventure-based and nature-based experiences can be used to foster psychological healing and growth.