**Groups – Haringey**

We offer a range of group therapy courses and workshops. Our groups are based on Cognitive Behavioural Therapy (CBT) principles and aim to equip individuals with effective techniques and strategies to manage their symptoms and improve well-being.

**Our group workshops and therapy courses may include:**

* **COVID-19 Workshop** –
  + Covers psychoeducation about the impact of the pandemic on mental health and offers essential techniques for managing stress, anxiety and low mood resulting from the negative life changes. This workshop particularly focuses on strategies for managing mental health during uncertain times.

**What to expect from a group session?**

Our groups are typically one-two hours long and are one off sessions or run on a weekly or fortnightly basis. The groups vary in size but usually do not exceed 10 people to make participation comfortable for everyone. The sessions are facilitated by the two members of staff. At present, the groups are only held remotely via a confidential online platform.

**Do I need to talk about myself?**

We keep our groups small to ensure that they offer a safe space for everyone to share their difficulties if they want to and be able to learn from other people’s personal experiences. However, participation is not necessary and you can choose how much you want to disclose and talk about yourself in group discussion. The main focus of most of our groups is about understanding and learning techniques that will help you manage your difficulties to lead a meaningful and fulfilling life.

**Are groups effective?**

Research in CBT suggests that group therapy can be as effective as individual sessions. Different studies consistently find that individuals can improve their anxiety, low mood and other symptoms by attending group CBT

Group therapy has a number of advantages:

* We run our group therapy courses regularly, meaning that the waiting time for them is usually shorter than for individual therapy, so you can get help sooner.
* Most of our groups’ sessions are much longer in duration compared to one-to-one sessions, meaning that you can get more contact clinical time with a therapist.
* Many individuals find it comforting to hear other people experiencing similar difficulties, feeling less isolated in their struggles. Also, discussing difficulties with others can not only be great for learning from each other, but also for getting a new perspective and finding new solutions to life’s problems.

**How to sign up?**

Your first assessment with the service will be to understand your current difficulties and what you want to change. If there is a suitable group course that we think would benefit you and that matches your therapy goals – you will be offered to join.