

Group Therapy – Duarehab House

 duarehabhouse.com/group-therapy/

Group Therapy

1. Group therapy helps you realize you're not alone.

One misconception about group therapy is that members take turns receiving individual therapy from the therapist while others observe,

2. Group therapy facilitates giving and receiving support.

members are actually encouraged to turn to each other for support, feedback and connection, instead of getting all of that from the clinician.

3. Group therapy helps you find your “voice.”

Many people don't know how they are feeling when they are interacting with other people, because it can be challenging to be self-connected when connecting with others. This is one of the things I focus on most in my groups

4. Group therapy helps you relate to others (and yourself) in healthier ways.

Groups provide the opportunity to see just how people relate to others in the moment, and how they relate to themselves,

5. Group therapy provides a safety net.

members are actually encouraged to turn to each other for support, feedback and connection, instead of getting all of that from the clinician.

Group Therapy isn't for everyone at every stage of life, Hess said. “It takes strength and some recognition of the needs of others to function well in a group, not be destroyed by it, and not destroy others.”