



Let's unpack that:

a brief guide for frequently asked questions about group therapy

How does group therapy work?

Group therapy provides a safe environment for interpersonal support, growth, and learning! Members can authentically express themselves, learn and practice new skills, and experiment with new ways of being. Gaining these positive hands-on experiences can increase their self-esteem and confidence in navigating life's ups and downs.



Who should join group? ("Why me?")

Anyone can benefit from group, but especially those who have interpersonal challenges, unique life experiences, or a potential need for skills! Group instills hope and belonging in a unique and powerful way. When we see with our own eyes that we're not alone and that others are going through the same experience as us, it reduces isolation and shame. Group members can also quickly learn a variety of new perspectives and skills!



"What if I'm socially anxious?"

That's okay! Group can be a great first step towards facing that fear in a safe and supportive space. Each member's participation may look different, and that's 100% okay. There are a variety of ways to participate and benefit from group, such as sharing personal experiences, listening and learning from others, learning and practicing skills, and reciprocally giving and receiving support.

"Isn't individual therapy better?"

Despite popular misconceptions, research shows that group therapy and individual therapy are equally effective. Individual and group therapy have their own unique strengths and differences, so even though you are already participating in individual therapy, joining a group can provide additional benefits of equivalent value and is a very unique experience.

Concurrent therapy

Additionally, participating in both forms of therapy gives you the opportunity to reflect upon your group experiences with your individual clinician. For example, you may discover new interpersonal obstacles to process with your therapist, or realize that all your hard work together is paying off because you're finally able to put your new lessons to use. This environment will also allow you to experience yourself in a NEW way.



Now that we've unpacked all this... what's next?

Your decision. 😊 To help you decide, I would ask yourself: "Does joining feel like it would help me expand into more of my authentic self?"

Let me know if you have any questions!