

Group therapy helps participants realize that other individuals have similar struggles, similar issues, & have similar problems.

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

Everyone in the group will be at different places in their recovery or treatment, and will be able to offer their unique perspective, skills, or ways of coping, with the rest of the group.

Group therapy is typically less expensive than individual therapy.



BENEFITS of GROUP THERAPY

Group therapy offers the opportunity to both receive support from others and to give support to others.

Group therapy provides a broad safety net for individuals who may otherwise be doubtful to discuss their feelings, weaknesses, etc.

Many individuals and groups find that they are more willing to discuss their issues openly as a result of the interactions that occur in the group.

Groups often have members with similar but diverse experiences, group therapy offers a broader perspective regarding the issues being addressed than individual sessions do.

