

## Therapy Groups

While both group therapy and individual therapy can be beneficial, there are some key differences to consider. In individual therapy, the focus is solely on you and your specific needs and goals. You have the undivided attention of your therapist, which allows for a more personalized approach.

Group therapy, on the other hand, offers a unique opportunity for social support and learning from others' experiences. You may find that hearing how others cope with similar challenges gives you new ideas or perspectives on your situation. However, in a group setting, you won't have as much one-on-one time with the therapist, and you'll need to be comfortable sharing personal information with others.

Groups are run on the same sorts of principles as those seeking individual psychotherapy. For this reason it is usually considered that anyone who might benefit from individual psychotherapy might also benefit from, and consider, the group option.

### **Reasons why you may want to consider group therapy**

The group offers an opportunity to learn about how others might see you, and the types of interaction you tend to get into with other people. You may, for example, feel that you try too hard to help people, and neglect your own needs. You may feel that you never fit in, and easily become offended, or that you avoid certain situations of conflict. You may feel that you don't know who you are in a group situation, that you have no identity, or lots of different contradictory identities. There may have been an issue in your family of rivalry and jealousy between siblings and these sorts of feelings may get stirred up in other group situation.

The group can lessen a sense of isolation, as you realise there are other people in the group who may have had similar experiences and/or difficulties.

Unlike individual psychotherapy it is possible to take up different roles in a therapy group; you might be explore your own feelings in the group, but also be in a position to observe and comment on the struggles of other group members. You may find that you can both help, and be helped by, other group members.

### **Joining a group**

Anne will arrange a free individual consultation to discuss what it is that brings you to group therapy and talk about the sort of group you will be joining, its frequency and all other ground rules. This may be online or a phone call.

You will be emailed a one page agreement and client details form with details of the zoom link or address (depending on the group you are joining). Please raise any concerns or questions you may have, Anne will be glad to answer them.