

## **Introduction to Group Therapy**

**Based on your concerns, your therapist believes that participating in a group will help you meet your goals. Please take a few minutes to read this information sheet to learn more about how group therapy can help you feel better.**

Group therapy offers a unique opportunity to build community, explore your needs, share your experiences, offer support to others, and d





another member with your reactions enhances the level of trust within the group and leads you to greater honesty in your daily life.

13. **Avoid giving advice.** In providing others with feedback, steer clear of telling them what they should do or how they are feeling. Avoid giving quick reassurance or offering them pat solutions for their problems. Rather than telling them how to solve their problems, tell them about your struggle with your own problems. Emphasize feedback that will give others a clearer sense of how their behavior affects you personally. Also, let them know of behaviors that might bring you closer to them.
14. **Be open to feedback.** When others give you feedback about their reactions to your work, remember that, like you, they are there to try out new ways of expressing themselves directly. It is easy to accept their feedback too quickly or to be too quick to reject their insights by explaining away what they say. The most constructive approach is usually to listen and to think their reactions over until you get a grasp on what parts of it fit.
15. **Approach conflict (Don't avoid it).** While stressful, conflict is normal and healthy in a community – only if it is approached and discussed and worked through. This leads to a deepening of relationships and allows meaningful work to occur.
16. **Carry your work outside the group.** You will be finding new ways of expressing yourself within the group. Don't let it go at that! Try these behaviors out in your everyday life with due respect for timing and with caution.
17. **Express your feelings.** Some feelings are easier to express than others. Groups generally focus on those feelings that are causing members some difficulty. Because we usually don't get a chance to explore ways in which our feelings affect us, try to push yourself to talk about those feelings that you frequently try to avoid. But share your joys too!
18. **Write in your journal.** Sort through all that you experience in your group by journaling. Even brief entries in a journal can be most useful in helping you monitor yourself and keep track of how well you are attaining your goals.
19. **Bepp[SLQZd[Tf(0s)2jTT2H.(0n)-4in)-1(in)-Ad[Tf0nBDC @t)0TT2. Bdl(9h)9o (our)5nain)-A)1ld.0nhon**

