



Where can you get more information?

- Ask your doctor or nurse
- Call Health Link - 408-5465

Notes

Group Therapy

Information for Patients and Families

**Mental Health Programs
Grey Nuns Community
Hospital &
Misericordia Community
Hospital**

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What is group therapy?

Group therapy is a gathering of people for therapeutic purposes. These groups have a therapist or facilitator that ensure the group reaches its goals. Although the goals of group therapy can vary, the overall purpose is aimed at reducing psychological distress and/or encouraging personal growth.

What kinds of group therapy are there?

There are many kinds of group therapy. Some of the types include:

Supportive therapy focuses on expressing and sharing emotions, information sharing and personal support.

Interpersonal therapy focuses on understanding why we feel and behave the way we do and making lifestyle changes.

Rehabilitation therapy focuses on returning to previous level of functioning.

Psycho Educational therapy focuses on alleviating psychological distress through learning information and/or skills and applying these in life.

The role of the group therapist or facilitator may look quite different, depending on the type of group. In one type of group a facilitator may be very active and in another type of group may intervene minimally.

Additionally, some groups are made up of people with similar problems, like depression, while others are a mix of people with various problems.

Why group therapy?

Research has shown that most people overcome their illness more quickly with a combination of medications and group therapy.

How can I expect group therapy to help?

Group therapy involves learning. Some of this learning is from handouts and exercises. Learning also occurs directly, by practicing new

behaviours within the group, e.g. being assertive.

By just being in the group, you may feel an increased sense of hope, belonging, purpose, and understanding. Many people benefit from the sharing of information.

Groups can also be a place to understand why and how we behave they way we do, eg. what motivates a person to want to give advice.

How do I get into groups?

Your doctor or another mental health worker is usually the person who recommends specific groups. You can talk to him/her about this.

About Self Help Groups

Self Help groups usually operate with out the direction of a health professional. They are usually made up of people with similar problems such as depression or single parenting.