



An Introduction to Group Therapy

- ❖ Group therapy is a special form of therapy in which a small number of people meet together under the guidance of a professionally trained therapist to help themselves and one another. In studies comparing group psychotherapy to individual therapy, group therapy has been shown to be as effective and sometimes *more* effective.
- ❖ If you think about it, each of us has been raised in group environments, either through our families, schools, organized activities, or work. These are the environments in which we grow and develop as human beings. Group psychotherapy is no different. It provides a place where you can come together with other carefully selected group members to share problems or concerns, to better understand your own situation, and to learn from and with each other.
- ❖ Group therapy provides you with a safe place. No one in group is forced to disclose anything that they are not comfortable with. Members find that their disclosures are met with support from other group members, rather than the negative responses that they fear. Even if you don't speak at first, the group can still be helpful by providing you with tools and helping you through observation and reflection. Most people are initially anxious about being in and sharing with a group, but find themselves becoming more comfortable and participatory with time. Remember, group therapy has been found to be one of the most effective forms of therapy, so being an active member can be very helpful.
- ❖ All services provided by the Counseling Service, including Group therapy, are confidential and free of charge to Vassar College students.

How can group therapy help YOU?

- Develop new social techniques
- Find alternative ways to handle concerns
- Form new relationships
- Discover that you're not alone
- Feel connected on campus
- Provide and receive support to/from others
- Gain new perspectives on your experiences
- Get feedback from others
- Provides you with a safe place
- Learn new skills
- Learn more about yourself and how others see you
- Develop trust in others
- Share with others, rather than hold things in
- Get help in changing self destructive patterns
- Become more sensitive to the ways people communicate
- Live more in the moment