

Group Psychotherapy

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A process-oriented method of providing therapeutic guidance and support for clients organized as a group. The group consists of a minimum of 3 and no more than 10 clients. The group provides a safe environment in which individuals can discover and/or confront the issues at the heart of their behaviors. It provides direct feedback to clients on managing their own behaviors. The sessions provide the opportunity for self-expression and verbal interaction with peers, with facilitation by a member of the clinical staff.

Therapeutic goals of group include interpersonal skill development, self-understanding, self-acceptance, self-reliance, improved peer interaction, networking and group identification. Modalities used include, but are not limited to, supportive therapy, assertiveness skills development, verbalization of feelings, behavior modification, etc. Sessions are 90 minutes in length and are documented in a progress note, to include signatures, date, times and input from the client. Among the specific-topic groups that are offered, but not limited to:



Healthy Relationships Group
Goals Group: Personal Futures Planning
Problem-Solving Group
Grief and Loss Group
Addictions Groups

Social Skills / Communication Group
Resilience after TBI
Anger Management
Vocational Adjustment Group
Relapse Prevention Group