



UNDERSTANDING GROUP THERAPY



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WHAT IS GROUP THERAPY :

GROUP THERAPY IS A FORM OF PSYCHOTHERAPY THAT INVOLVES ONE OR MORE THERAPISTS WORKING WITH SEVERAL PEOPLE AT THE SAME TIME.



PRINCIPLES OF GROUP THERAPY:

1. INSTILLS HOPE: THE GROUP CONTAINS MEMBERS AT DIFFERENT STAGES OF THE TREATMENT PROCESS. SEEING PEOPLE WHO ARE COPING OR RECOVERING GIVES HOPE TO THOSE AT THE BEGINNING OF THE PROCESS.

2. UNIVERSALITY: BEING PART OF A GROUP OF PEOPLE WHO HAVE THE SAME EXPERIENCES HELPS PEOPLE SEE THAT WHAT THEY ARE GOING THROUGH IS UNIVERSAL AND THAT THEY ARE NOT ALONE.

3. IMPARTING INFORMATION: GROUP MEMBERS CAN HELP EACH OTHER BY SHARING INFORMATION.

4. ALTRUISM: GROUP MEMBERS CAN SHARE THEIR STRENGTHS AND HELP OTHERS IN THE GROUP, WHICH CAN BOOST SELF-ESTEEM AND CONFIDENCE.

5. THE CORRECTIVE RECAPITULATION OF THE PRIMARY FAMILY GROUP : THE THERAPY GROUP IS MUCH LIKE A FAMILY IN SOME WAYS. WITHIN THE GROUP, EACH MEMBER CAN EXPLORE HOW CHILDHOOD EXPERIENCES CONTRIBUTED TO PERSONALITY AND BEHAVIORS. THEY CAN ALSO LEARN TO AVOID BEHAVIORS THAT ARE DESTRUCTIVE OR UNHELPFUL IN REAL LIFE.

WE SEE YOU
we hear you
WE ARE BY YOUR SIDE





6. DEVELOPMENT OF SOCIALIZATION TECHNIQUES: THE GROUP SETTING IS A GREAT PLACE TO PRACTICE NEW BEHAVIORS. THE SETTING IS SAFE AND SUPPORTIVE, ALLOWING GROUP MEMBERS TO EXPERIMENT WITHOUT THE FEAR OF FAILURE.

7. IMITATIVE BEHAVIOR: INDIVIDUALS CAN MODEL THE BEHAVIOR OF OTHER MEMBERS OF THE GROUP OR OBSERVE AND IMITATE THE BEHAVIOR OF THE THERAPIST.

8. INTERPERSONAL LEARNING: BY INTERACTING WITH OTHER PEOPLE AND RECEIVING FEEDBACK FROM THE GROUP AND THE THERAPIST, MEMBERS OF THE GROUP CAN GAIN A GREATER UNDERSTANDING OF THEMSELVES.

9. GROUP COHESIVENESS: BECAUSE THE GROUP IS UNITED IN A COMMON GOAL, MEMBERS GAIN A SENSE OF BELONGING AND ACCEPTANCE.

10. CATHARSIS: SHARING FEELINGS AND EXPERIENCES WITH A GROUP OF PEOPLE CAN HELP RELIEVE PAIN, GUILT, OR STRESS.

11. EXISTENTIAL FACTORS: WHILE WORKING WITHIN A GROUP OFFERS SUPPORT AND GUIDANCE, GROUP THERAPY HELPS MEMBERS REALIZE THAT THEY ARE RESPONSIBLE FOR THEIR OWN LIVES, ACTIONS, AND CHOICES.

pain is real ...
BUT SO IS HOPE.





HOW IT WORKS

A SESSION MIGHT BEGIN WITH MEMBERS OF THE GROUP INTRODUCING THEMSELVES AND SHARING WHY THEY ARE IN GROUP THERAPY. MEMBERS MIGHT ALSO SHARE THEIR EXPERIENCES AND PROGRESS SINCE THE LAST MEETING.



WHAT SHOULD I EXPECT?

GROUP THERAPY INVOLVES ONE OR MORE PSYCHOLOGISTS WHO LEAD A GROUP OF ROUGHLY FIVE TO 15 PATIENTS. TYPICALLY, GROUPS MEET FOR AN HOUR OR TWO EACH WEEK. SOME PEOPLE ATTEND INDIVIDUAL THERAPY IN ADDITION TO GROUPS, WHILE OTHERS PARTICIPATE IN GROUPS ONLY.

MANY GROUPS ARE DESIGNED TO TARGET A SPECIFIC PROBLEM, SUCH AS DEPRESSION, PANIC DISORDER, SOCIAL ANXIETY. OTHER GROUPS FOCUS MORE GENERALLY ON IMPROVING SOCIAL SKILLS, HELPING PEOPLE DEAL WITH A RANGE OF ISSUES SUCH AS ANGER, SHYNESS, LONELINESS AND LOW SELF-ESTEEM. GROUPS OFTEN HELP THOSE WHO HAVE EXPERIENCED LOSS, WHETHER IT BE A SPOUSE, A CHILD OR SOMEONE WHO DIED BY SUICIDE.



BENEFITS OF GROUP THERAPY:

SUCCESSFULLY COPING WITH A PROBLEM, OTHER MEMBERS OF THE GROUP CAN SEE THAT THERE IS HOPE FOR RECOVERY. AS EACH PERSON PROGRESSES, THEY CAN, IN TURN, SERVE AS A ROLE MODEL AND SUPPORT FIGURE FOR OTHERS. THIS CAN HELP FOSTER FEELINGS OF SUCCESS AND ACCOMPLISHMENT.

GROUP THERAPY IS OFTEN VERY AFFORDABLE. INSTEAD OF FOCUSING ON JUST ONE CLIENT AT A TIME, THE THERAPIST CAN DEVOTE HIS OR HER TIME TO A MUCH LARGER GROUP OF PEOPLE.

GROUP THERAPY OFFERS A SAFE HAVEN. THE SETTING ALLOWS PEOPLE TO PRACTICE BEHAVIORS AND ACTIONS WITHIN THE SAFETY AND SECURITY OF THE GROUP.

BY WORKING IN A GROUP, THE THERAPIST CAN SEE FIRST-HAND HOW EACH PERSON RESPONDS TO OTHER PEOPLE AND BEHAVES IN SOCIAL SITUATIONS. USING THIS INFORMATION, THE THERAPIST CAN PROVIDE VALUABLE FEEDBACK TO EACH CLIENT.

*KEEP ON BEING YOU
KEEP ON DOING THOSE
BEAUTIFUL, IMPACTFUL, HONEST
THINGS YOU DO OUT THERE IN THIS
(CRAZY WORLD)
WE NEED MORE PEOPLE LIKE YOU*





JOINING A GROUP

IS GROUP THERAPY ENOUGH?

MANY PEOPLE FIND IT'S HELPFUL TO PARTICIPATE IN BOTH GROUP THERAPY AND INDIVIDUAL PSYCHOTHERAPY. PARTICIPATING IN BOTH TYPES OF PSYCHOTHERAPY CAN BOOST YOUR CHANCES OF MAKING VALUABLE, LASTING CHANGES. IF YOU'VE BEEN INVOLVED IN INDIVIDUAL PSYCHOTHERAPY AND YOUR PROGRESS HAS STALLED, JOINING A GROUP MAY JUMP-START YOUR PERSONAL GROWTH.

HOW MUCH SHOULD I SHARE?

CONFIDENTIALITY IS AN IMPORTANT PART OF THE GROUND RULES FOR GROUP THERAPY. HOWEVER, THERE'S NO ABSOLUTE GUARANTEE OF PRIVACY WHEN SHARING WITH OTHERS, SO USE COMMON SENSE WHEN DIVULGING PERSONAL INFORMATION. THAT SAID, REMEMBER THAT YOU'RE NOT THE ONLY ONE SHARING YOUR PERSONAL STORY. GROUPS WORK BEST WHERE THERE IS OPEN AND HONEST COMMUNICATION BETWEEN MEMBERS.

GROUP MEMBERS WILL START OUT AS STRANGERS, BUT IN A SHORT AMOUNT OF TIME, YOU'LL MOST LIKELY VIEW THEM AS A VALUABLE AND TRUSTED SOURCE OF SUPPORT.



JOINING A GROUP

TO FIND A SUITABLE GROUP, ASK YOUR PHYSICIAN OR YOUR INDIVIDUAL PSYCHOLOGIST (IF YOU HAVE ONE) FOR SUGGESTIONS.

WHEN CHOOSING A GROUP, CONSIDER THE FOLLOWING QUESTIONS.

IS THE GROUP OPEN OR CLOSED?

OPEN GROUPS ARE THOSE IN WHICH NEW MEMBERS CAN JOIN AT ANY TIME. CLOSED GROUPS ARE THOSE IN WHICH ALL MEMBERS BEGIN THE GROUP AT THE SAME TIME. THEY MAY ALL TAKE PART IN A 12-WEEK SESSION TOGETHER, FOR INSTANCE. THERE ARE PROS AND CONS OF EACH TYPE. WHEN JOINING AN OPEN GROUP, THERE MAY BE AN ADJUSTMENT PERIOD WHILE GETTING TO KNOW THE OTHER GROUP ATTENDEES. HOWEVER, IF YOU WANT TO JOIN A CLOSED GROUP, YOU MAY HAVE TO WAIT FOR SEVERAL MONTHS UNTIL A SUITABLE GROUP IS AVAILABLE.

HOW MANY PEOPLE ARE IN THE GROUP?

SMALL GROUPS MAY OFFER MORE TIME TO FOCUS ON EACH INDIVIDUAL, BUT LARGER GROUPS OFFER GREATER DIVERSITY AND MORE PERSPECTIVES. TALK TO YOUR PSYCHOLOGIST ABOUT WHICH CHOICE IS BETTER FOR YOU.

HOW ALIKE ARE THE GROUP MEMBERS?

GROUPS USUALLY WORK BEST WHEN MEMBERS EXPERIENCE SIMILAR DIFFICULTIES AND FUNCTION AT SIMILAR LEVELS.



The 5 Rules of Group Therapy

MAINTAIN
CONFIDENTIALITY

NO
SOCIALIZING



ATTEND



COMMUNICATE
W/ WORDS, NOT ACTIONS



PARTICIPATE



DON'T BE ASHAMED

.....

♥•♥•♥ OF YOUR STORY. ♥•♥•♥

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# IT WILL INSPIRE OTHERS.





## REGISTRATION:

**IF YOU WOULD LIKE TO REGISTER FOR THIS NEXT SESSION,  
PLEASE EMAIL ME AT [SMITA.S.SHUKLA@GMAIL.COM](mailto:SMITA.S.SHUKLA@GMAIL.COM)**

**NAME  
AGE  
EMAIL ID  
PHONE NUMBER  
GROUP NAME**

**REGISTRATION IS REQUIRED FOR ALL GROUP THERAPY SESSIONS.  
REGISTRATION IS NOT COMPLETE UNTIL THE REGISTRATION FEES  
IS PAID.**

**REGISTRATION FEES FOR GROUP THERAPY: RS 250 (PAID ONCE )  
FEES PER GROUP THERAPY SESSION : RS 500 /90MIN.**

**FEES FOR SERVICES ARE DUE BEFORE THE BEGINNING OF GROUP  
SESSIONS OR MAYBE PAID IN LUMP SUM WITH THE  
REGISTRATION.**





## GROUP THERAPY TOPICS:



### LIST OF ISSUES/ TOPICS :

- 1. BOUNDARIES**
- 2. MINDFULNESS**
- 3. CONFLICT MANAGEMENT**
- 4. ASSERTIVENESS TRAINING**
- 5. LOVE LANGUAGES**
- 6. ANXIETY MANAGEMENT TOOLS**
- 7. DEPRESSION MANAGEMENT TOOLS**
- 8. EMOTION REGULATION & MANY MORE...**



## VIRTUAL GROUP SESSIONS - BOUNDARIES \$1 - \$10

**ISSUES ADDRESSED : BOUNDARIES**

**NO. OF SESSIONS : 10 GROUP THERAPY SESSIONS**

**GENDER: ALL**

**AGE: TEEN ( 15 - 19YRS) YOUNG ADULTS ( 19- 24YRS ) ,  
ADULTS ( 25- 39) (40-50)**

**WHERE: FROM THE COMFORT OF YOUR OWN HOME. (WE WILL  
BE USING SKYPE AS THE VIRTUAL PLATFORM)**

**WHEN: TUESDAY AT 4PM -5.30PM AND THURSDAY'S 5PM-  
6.30PM IS ENROLLING NEW MEMBERS NOW**

- S1  INTRODUCTION TO BOUNDARIES**
- S2  HOW TO CREATE BOUNDARIES WITH YOUR FAMILY**
- S3  HOW TO CREATE BOUNDARIES WITH YOUR FRIENDS**
- S4  HOW YO CREATE BOUNDARIES AT WORK**
- S5  HOW TO CREATE BOUNDARIES WITH SOCIAL MEDIA**
- S6  HOW TO CREATE BOUNDARIES WITH YOURSELF**
- S7  HOW TO CREATE BOUNDARIES WITH SPOUSE**
- S8  HOW TO DEAL WITH RESISTANCE WITH BOUNDARIES**
- S9  HOW TO MEASURE SUCCESS WITH BOUNDARIES**
- S10  REFLECTIONS AND RECAP**





we've got  
this.



THErapy FROM THE  
*comfort of your*  
OWN COUCH



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