

Is Group Psychotherapy a Treatment for You?

If two or more of the following apply to you then group therapy may help:

- ☐ You want to understand yourself better
- ☐ You desire to get along better with people.
- ☐ You wish you had less stress at work and at home and in other group situations.
- ☐ You have “family-of-origin” issues that are bothering you.
- ☐ You want to progress better in your career
- ☐ Feel very anxious in groups and want to change that

If you have two or more of the above, then group psychotherapy would likely benefit you. Call for an individual assessment session (covered by OHIP) to discuss in more detail.



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Group

Therapy

Covered by OHIP



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The psychotherapy and counseling services provided by the clinic are covered by the Ontario Health Insurance Plan (OHIP).

What is group therapy all about?

Group counseling brings together a small number of individuals, usually eight to twelve, with one or more trained group therapists. Conversation within the group is **confidential*** and not discussed with anyone outside of group sessions.

The group process has many benefits. Members have opportunities to:

- Share concerns and listen to each other;
- Offer support to one another;
- Express feelings;
- Develop new ways of behaving, and
- Learn more about how they interact with others.
- Learn to communicate more effectively

***When the patient or others are in imminent danger confidentiality may not apply.**

The group is able to:

- Give support.
- Offer alternatives.
- Gently confront group members.
- Teach ways of getting along better with others people.
- Maximizing observations that lead to increased insight.

How does group therapy work?

While participating in group therapy, people begin to see that:

- They are not alone;
- Others share similar concerns and difficulties in life;
- Talk about emotional issues clarifies the members understanding on important issues such as anger, fear, and hope.

Through group interactions and group feedback:

- New insights are gained;
- Alternative behaviors and explored; and
- New ways of relating to others are tried.

What do I talk about in group therapy?

Common topics for group therapy include conversation about:

- What brought you to psychotherapy
- What is bothering you
- What your goals are
- What you need, be it support or challenge
- What you expect to gain from group therapy
- Patients are free to withhold some life issues and need not "tell it all"

Common *Myths* and **Truths** about

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Myth: Group therapy is second-best to individual therapy.

Truth: Group therapy has been shown in research studies to be an effective treatment. Studies that have compared individual and group approaches indicate that both are about equally effective.

Myth: Group therapy is like a forced confessional where people have to reveal all of the details of their lives.

Truth: In general, group members talk about the patterns in relationships and the meanings these have for them. For this, it is often not necessary to know specific details. Members will find their own level of comfort regarding how much they want to disclose about their personal lives.

Myth: Being in a room with other people with difficulties will make everyone worse.

Truth: The idea of "the blind leading the blind" is understandable, but in practice, people find that the process of talking about their problems is very helpful. Indeed, finding that others have had similar problems can be reassuring. Many group therapy patients are surprised to find that they have something to offer other people.

Myth: Sometimes people are concerned that they will be judged, criticized, or verbally attacked by the other members.

Truth: All of these concerns are perfectly understandable, and indeed, almost everyone experiences them to some extent when they enter a new social group situation. It is good to talk about these sorts of fears early in the group so that they can be understood and then put behind you. In group therapy the leader will seek to have all members be respectful and non-judgment towards each other.