**What Happens in a Therapy Group?**



Members are encouraged to work with reactions and responses that other members’ contributions bring up for them.

Most of our groups are run in a “process” style that focuses on recognizing what is occurring between group members here and now. In process groups six to eight individuals meet face to face to share their struggles and concerns with the facilitation of one to two trained group therapists. These interpersonal interactions can provide group members an opportunity to deepen their level of self-awareness and to learn how they relate to others.

There isn’t a specific topic for each group session. The primary focus of therapy in the group is on the interactions among group members. Members are encouraged to give support and feedback to others, and to work with the reactions and responses that other members’ contributions bring up for them.

The first few sessions will usually focus on establishing a level of trust that allows them to communicate openly and honestly. In a climate of trust, people feel free to care about and help each other.

As each individual begins interacting freely with other group members, they usually re-experience or recreate some of the interpersonal difficulties that brought them to the group in the first place. Many of the reasons people seek help with personal issues can stem from difficulties in the patterns of their relationships with others.

Under the skilled direction of a group therapist, the group is able to point out troublesome interpersonal patterns by providing feedback and support and offering alternatives, and in such a way that the difficulty becomes resolved.

Unexpressed feelings are a major reason why people experience difficulties and distress. As individuals increase their self-awareness, develop new ways of relating to people, and learn new adaptive behaviors, they make progress towards the personal goals that brought them to the group.

*Adapted from Colorado State University with permission*

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