

Like us on



Facebook

at

Luzio & Associates
Behavioral Services

for more
handouts and
information on
depression, anxiety,
grief, parenting,
and more.

See videos and
access links that
offer more
information on
mental health.

Stay up to date with
the groups offered
at our agency and
with the office
hours!

4411 Washington Ave.
Suite 200
Evansville, IN 47714
812-479-1916

Written by:
Christina Huber, LCSW

What is group therapy?

- It is a form of therapy in which people meet in a small group under the guidance of a trained therapist to learn new skills, grow a better understanding of themselves, and improve their interpersonal relationships.

How can group therapy help me?

- Group therapy allows people who share a common issue to meet and share their experiences, ideas, and provide support to each other. Group therapy allows members a chance to learn from the trained therapist who is leading the group as well as their peers.

Benefits of group therapy:

- ❖ You are provided with support from the therapist and the group members.
- ❖ You are provided with a sounding board in which the members can provide feedback and offer you a different perspective on a topic or issue discussed in group.
- ❖ You learn and develop new social skills and group allows you an opportunity to practice engaging with others. You also learn to relate to other people who are going through the same things as you.
- ❖ Group therapy typically costs less than individual therapy and at times offers more than individual therapy.
- ❖ You have the opportunity to learn more about yourself by hearing other member's perspectives or advice about a topic or issue. It helps you find a "voice" and become more vocal about what you are experiencing.
- ❖ You learn you are not alone and that many individuals also struggle or experience the same feelings, have the same thoughts, or have experienced the same problems.

Groups Offered at Luzio & Associates

- Girl Talk – high school teen girls support group
- Social Skills group - boys ages seven to thirteen
- LGBTQ support group – high school teens and adults support group for individuals on the LGBTQ spectrum
- Mindfulness group – for adults who exhibit symptoms of depression and anxiety to learn ways to handle distress constructively

For additional information on the benefits of group therapy:
<http://www.everydayhealth.com/news/benefits-group-therapy-mental-health-treatment/>
<https://psychcentral.com/lib/5-benefits-of-group-therapy/>