



## Group Therapy

The power of group therapy is the sacred container that is created and held by the facilitator as well as the mutual support and collaboration of fellow participants during the process. Groups are ideally suited for people struggling with any type of relationship issue, i.e., family of origin, significant others, children, money, career and self-esteem, intimacy or voice.

The group interactions help each participant to identify, receive feedback, and change the patterns that are sabotaging one or all of the relations. Most importantly the group is usually seen as the most intimate emotional support and strength a person has ever received and the awareness that one is not alone with a particular issue or problem is a frequent occurrence.

Oftentimes, the love and collaboration experienced in group work is at such a deep and significant level that embedded patterns of maladaptive behavior disappear and are replaced by more healthy interpersonal constructive and effective reactions. The group is the laboratory for practicing new behaviors and is a healthy interpersonal model to be generalized in one's physical reality.

The great advantage of group psychotherapy is the "live and in-vivo" experience of working on these patterns in the "here and now." Mostly a group situation replicates reality and presents the facilitators and each participant with an objective view of how an interpersonal event caused a certain experience, perception or reaction. Frequently the people you meet in the group symbolize others in your past or current life with which you've experienced interpersonal difficulty. And, the difficulty frequently manifests as a long-standing cyclical pattern of self-defeating behavior. Group work facilitates the creation of interpersonal dynamics that are guided by mutual and collaborative support, boundaries, respect and love.