

A BETTER WAY COUNSELING CENTER

Philosophy of Group Psychotherapy

A Better Way Counseling Center offers a variety of groups to clients who can benefit from group psychotherapy. Group therapy is a special type of counseling in which members meet to share their experiences and to help each other explore their personal issues and healing processes, with the expert assistance of a therapist. Because of the special challenges involved in group therapy, we recommend that you first meet with a therapist for two or more individual sessions before deciding on the group process.

The group therapy experience you'll find here at A Better Way is both interactional and process-oriented. This means that individual members come together on a weekly basis to share conversation about their real-life experiences. Members also interact with one another in a way that tries to resemble the personal interactions of their daily lives outside therapy. Group members are also encouraged to "process" group material. This involves asking questions about their own and others' behavior, and making a commitment toward revealing hidden motives for their own and others' behaviors.

In short, group therapy means being involved in working through individual stumbling blocks in a non-judgmental and yet personally challenging environment. It aims for a balance between discussion material based on outside concerns with material that develops from the interactions of the members themselves. Because of the group's relationship structure, the needs of the individual are often overshadowed by the group experience. For this reason you may choose to remain in individual therapy while involved in a group.

All groups in this practice are heterogeneous, which means you can apply your experience in the group to other life situations. The groups are open-ended; new members are added as others leave. Both the therapist and group participants can work to identify individuals' personality traits and patterns of interacting with others. Group members may choose to leave at any time; however, a rewarding psychotherapy experience is usually a long-term commitment of one to three years or more. Because we maintain a flexible attitude about the duration of involvement, you can take as much time as you need to uncover interpersonal conflicts, as well as practice new ways of coping with everyday life.