



WEEKLY NEWSLETTER

Benefits of Group Therapy



by Ashley Denton

Group Therapy: Is it right for you?

Choosing to start therapy can be overwhelming; there are so many options to choose from. One of the biggest decisions is whether you should choose group or individual sessions. While both have their advantages, this article aims to focus on the benefits of group therapy.

Structure of the session - Group therapy usually involves one lead therapist and sometimes a co-facilitator who can hold any credentials (i.e. intern, therapist, medication provider). Members join in the same room/space and usually sit in a circle facing each other; this design allows all members to equally observe the session and engage with one another. Depending on the topic of the session there might be worksheets, art supplies or other therapeutic tools in the room.

Topic of the session - Topics vary depending on the type of group, age of the group and member needs. At Krippa we offer several different groups focusing on various topics such as empowerment, anxiety and depression, parent support, social engagement and medication. For the Anxiety and Depression group specifically, topics will be based on either anxiety or depression and branch off into coping skills, communication, interpersonal skills, maladaptive behaviors and artistic expression.

Benefits of the session - Research shows that group therapy is equal to or more effective than individual sessions¹. Most clients gain the most benefit from having both individual and group sessions together. Other members within the group can provide feedback and help you problem solve stressors. Group members can be sounding boards for you to express your emotions and struggles in a safe, non-judgemental space which is often something you don't get outside of a group therapy session.² Most importantly, group therapy affirms that you are not alone in your symptoms and struggles and this can be more powerful than skills learned in individual sessions.

Krippa's Anxiety and Depression Groups - Our practice offers 3 anxiety and depression groups broken down by ages; 11-13, 14-15 and 16-18. The 11-13 group meets Tuesdays @ 5pm in Cary. The 14-15 group meets Thursdays @ 5pm in Apex and the 16-18 group meets Thursdays @ 6pm in Apex. The 11-13 age group is led by therapist Stephanie and the 14-15 and 16-18 groups are both led by therapist Ashley. For more information on these groups you can visit our website at <https://ncpsychologist.com/group-therapy>.

Yalom, I. D., & Leszcz, M. (Collaborator). (2005). *The theory and practice of group psychotherapy* (5th ed.). Basic Books/Hachette Book Group.

² American Psychological Association. (n.d.). Psychotherapy: Understanding group therapy.

Retrieved December 21, 2021, from

<https://www.apa.org/topics/psychotherapy/group-therapy>

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Empowerment & Growth Group
- Teen Social Club
- Parenting Teens Support Group
- Young Adult Anxiety & Depression Group
- Intensive Outpatient Program

DEPRESSION & ANXIETY GROUP (16-18)

IN PERSON
THURSDAY FROM 8-7:00 PM
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP
LEARN TO:
-CHALLENGE NEGATIVE THINKING
-DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
-UNDERSTAND ANXIETY & DEPRESSION
-LEARN MINDFULNESS STRATEGIES
-IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444

IN PERSON DEPRESSION & ANXIETY GROUP 11-13

IS YOUR TWEEN EXPERIENCING CHANGES IN THEIR APPEARS WITHDRAWING FROM FRIENDS AND ACTIVITIES DECLINES IN GRADES A CHANGE IN NORMAL BEHAVIOR OR PERSONALITY INABILITY TO ENJOY LIFE

Research has shown that children who experience depression are at a greater risk of their symptoms increasing in severity and engaging in dangerous behaviors. Our group can help! Your child can learn valuable skills for overcoming their depression and live healthier lives.

TUESDAYS@ 5pm
\$200 Deposit
\$50 per session

Email us at info@ncpsychologist.com
Call 919 893 9444
Visit us www.ncpsychologist.com

DEPRESSION & ANXIETY GROUP (14-15)

IN PERSON
THURSDAY FROM 8-8PM
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP
LEARN TO:
-CHALLENGE NEGATIVE THINKING
-DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
-UNDERSTAND ANXIETY & DEPRESSION
-LEARN MINDFULNESS STRATEGIES
-IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

[Website](#)

Krippa Family Psychological & Wellness Services

547 Keisler Drive Suite 202, Cary
200 East St, Pittsboro

919 893 9444

109 Holleman St, Apex

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