



Benefits of Group Therapy

Group therapy consists of a one or more therapist working with a small group of people who are all suffering from similar issues that they are hoping to improve in their lives. Group Therapy helps you realize that you are not alone because you are surrounded by others that are in different stages that can support you. Group Therapy also helps facilitate that support. Group Therapy can help give you a voice by connecting with fellow group members which can help you articulate what you are going through. Group Therapy can help provide you a "safety net" by providing a safe place for you to learn to speak up and advocate for yourself.

Psych Central, 2023. <https://psychcentral.com/lib/benefits-of-group-therapy#advantages>

Did You Know?

- "Joseph Hersey Pratt is known as father of Group therapy. In 1905, he began his work with a group of eight patients with pulmonary tuberculosis in Greater Boston. He was holding general-care instruction classes for recently discharged tuberculosis patients, for whom no place could be found in the sanatoria. He noticed the impact of this experience on their emotional states and allowed them to discuss their common problems. Pratt reported very positive results from this new type of treatment[1]. This is known to be the first formally organized therapeutic group in literature."
- Starting in 1936, the application of group therapy was practiced among inmates and patients in psychiatric hospitals that were being discharged. This was introduced by Paul Schilder and Louis Wender. It was later extended to persons with neurosis and alcohol dependence. During World War II, group therapy was used to help those suffering from what we now know is PTSD.

National Library of Medicine, 2018
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5844165/#ref1>

Social Self Care

1. Call a close friend.
2. Meet up with a friend a go for a walk.
3. Join an online support group.
4. Pair up with a friend for a fun activity of your choosing.
5. Play with your pet.

Check out the link below for more info:
<https://www.familyaware.org/social-self-care-ideas-to-prevent-feeling-isolated/>

Company Highlights



Deployment Support Group with Amanda Blair

Wednesdays @ 930A!

This group is a great opportunity to support one another in all the different stages and emotions that come with deployments. The excitement and anxiety of homecoming...the worry and stress of saying goodbye...and all the messy parts in between! This group is FLEXIBLE and FREE! Come on the weeks you are able to, there is no commitment to attend every meeting.

What to expect? A safe place where you can share or just sit and listen. A way to process different struggles and emotions faced in each stage of deployment, including the transition after they come home. An opportunity to feel understood and supported by fellow spouses.

NO JUDGMENT.

This is a SUPPORT group and NOT therapy.

Mindful Minutes

4 Ideas to Reduce Stress Before Bed

- Mindfulness Meditation
- Deep Breathing Exercises
- Listen to Music
- Mindful Movements



Find more tips at:
<https://www.mindful.org/how-to-manage-stress-with-mindfulness-and-meditation/#:~:text=A%203%2DMinute%20Breathing%20Practice,any%20way%20that%20feels%20comfortable.>