

GROUP EXPERIENCE TYPES

The group experience type shapes what the core delivery style of the group will look like in regard to how group members communicate, content organization, and activities completed in the sessions.



Art/Expressive



For participants to explore and communicate their emotions through creative activities

Recreational Therapy



Promotes physical, emotional, and social well-being through engaging and enjoyable activities that encourage personal growth and connection

Self-Help



For participants to support each other in personal growth and problem-solving through shared experiences and collective wisdom

Interpersonal



Focuses on improving participants' relationship skills and emotional understanding through structured interactions and feedback

Interest/Open House



Specialized group experience to learn more about local practices and providers along with open space to discuss desired future group therapy topics

Psychoeducation



Provides participants with information and skills to understand and manage mental health issues through structured learning and group discussions

Support



A safe space for participants to share experiences and receive encouragement and understanding from others facing similar challenges



GROUP EXPERIENCE TYPES CONT.

Process



Delves into the dynamics of group interactions to explore and address personal issues and relational patterns in real-time

Skills



Teaches practical techniques and strategies to enhance specific areas of mental and emotional functioning as well as personal development

Addiction/Recovery



Provides support and strategies for individuals working through addiction, fostering shared experiences and recovery goals



NOTE:

Some groups will combine multiple avenues of experience styles in order to better frame the topic(s) being covered.