

# GROUP THERAPEUTIC APPROACHES

*The group theoretical approach guides the evidence-based therapy processes and interventions that will be used to shape the group experiences along with content delivery.*

## Dialectical Behavioral Therapy (DBT)



DBT is a skills-based intervention in group therapy that covers concepts like mindfulness, emotion regulation, and interpersonal effectiveness, helping participants manage emotional challenges together in a supportive environment.

## Cognitive Behavioral Therapy (CBT)



CBT in group therapy helps participants identify and change negative thought patterns and behaviors, fostering healthier coping strategies through shared experiences and group support.

## Acceptance and Commitment Therapy (ACT)



ACT in group therapy guides participants to embrace their thoughts and feelings without judgment, while committing to actions aligned with their values via psychological flexibility, all within an encouraging group setting.

## Internal Family Systems (IFS)



IFS in group therapy helps participants identify, explore, and harmonize their internal parts or subpersonalities, fostering self-awareness and healing within a collaborative group environment.

## Group Psychotherapy (Yalom)



This group approach focuses on the therapeutic benefits of group interaction, where participants experience healing through key processes such as instillation of hope, altruism, correctiveness, group, socializing techniques, interpersonal learning, group cohesiveness, and catharsis.

## Behavioral Therapy



Behavioral therapy in group therapy aims to alter maladaptive behaviors by employing techniques such as role-playing, reinforcement, and exposure exercises, with participants benefiting from shared experiences and mutual.

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## Gestalt Therapy



Gestalt therapy in group therapy focuses on increasing participants' awareness of their immediate thoughts, feelings, and actions through experiential exercises and dynamic group interactions.

## Schema Therapy



Schema therapy in group therapy helps participants identify and change deeply ingrained patterns of thought and behavior, known as schemas, by addressing their origins and impacts in a collaborative group setting. This approach is powerful for trauma work.

## Narrative Therapy



Narrative therapy in group therapy empowers participants to reframe and rewrite their personal stories, allowing them to explore and redefine their identities and experiences through collective dialogue and shared perspectives.

## Person-Centered Therapy



Person-centered therapy in group therapy creates a nurturing space where participants feel valued and understood, promoting self-exploration and personal development through genuine, empathetic engagement.

## Mindfulness-based Therapy



Mindfulness-based therapy in group therapy guides participants in developing awareness and acceptance of their thoughts and feelings through collective mindfulness practices, enhancing emotional well-being and stress management.

## Psychodrama Therapy



Psychodrama therapy in group therapy uses role-playing and dramatic techniques to help participants explore and reframe personal experiences, allowing for emotional expression and insight through interactive group scenarios.

## Eclectic Therapy



Eclectic therapy in group therapy integrates techniques from various therapeutic approaches tailored to individual needs, enabling participants to benefit from a diverse range of strategies within a flexible and adaptive group setting.

Think of these therapeutic approaches as the science behind the content you are covering, how it is being delivered, and the goals to come of your group experience. Therapy is an art and a science, hence these approaches help your therapist frame your experience to ensure it is effective and engaging. Though this document is aimed to be inclusive, there may be additional approaches not describe at this time.