

GUIDE TO DECIDING WHICH GROUP THERAPY TOPIC IS BEST FOR YOU!

It can be difficult to determine what therapy group topic to choose in general on your mental health journey. How do you know what group you need? There are some ways to help you narrow down your selection.

Individual Therapy Recommendations:

Oftentimes, your therapist may determine that a certain type of group is helpful for your therapeutic progress. They may refer you to a group!

Emerging Glaring Issue:

Something major or new has come up in your life, and it could be turning your world upside down. A group therapy space may be the perfect way to process this change.

Problem Patterns:

You may find yourself running into the same situation over and over. If you are starting to find a pattern of discomfort in your life, consider a group therapy experience on that topic.

Safe, Relatable Space:

When we are going through difficult things, we can feel like the only one. Group therapy is a great space to help you connect and relate to others going through the same thing. What situation do you feel alone in?