

## **GROUP THERAPY: PERSONAL GROWTH GROUP**

### **PERSONAL GROWTH GROUP PROVIDES YOU WITH THE OPPORTUNITY TO...**

Learn that you are not alone in the worries and concerns you experience.

Connect with others through offering your concern and support.

Express feelings and concerns with others who will listen and care.

Try out new ways of behaving with others in a safe environment.

Get honest and supportive feedback about yourself, and thus learn about yourself.

Learn strategies that have worked for others as they have dealt with similar concerns.

### **DEVELOPING SAFETY AND INTEGRITY IN THE GROUP SETTING REQUIRES...**

The intentional creation of a safe and supportive environment - facilitated by group leaders.

An emphasis on respectful interactions.

That you assume responsibility for your own needs and what you say in group.

Confidentiality, meaning that names and information shared by others in group is not discussed outside of group.

Regular and timely attendance.

That you refrain from dating or sexual relationships with other group members, or discussing group issues outside of group.

That you attend group free of mood-altering drugs.

An intent to attend group for all sessions for the term once you begin, with an agreement to inform the group in advance if you plan to stop attending the group.

If possible, notice beforehand that you cannot attend a group due to illness or emergency.

Self-disclosure - your benefit is directly related to how much you share of your feelings and concerns, though you control what you share. You also benefit through hearing other's disclosures as you apply their experiences to your life.

**More information about Group Therapy from the American Group Psychotherapy Association: <http://agpa.org/group/consumersguide2000.html>**