

# Benefits of Group Therapy & How It works

Eli Kutti\*

Department of Human Psychology, Andhra University, Andhra Pradesh, India

## Corresponding Author\*

Eli Kutti

Department of Human Psychology, Andhra University, Andhra Pradesh, India

E-mail: [e.kutti44@gmail.com](mailto:e.kutti44@gmail.com)

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**Received** 23 March 2021; **Accepted** 06 April 2021; **Published** 13 April 2021

## Introduction

A type of psychotherapy in which one or more therapists interact with a group of people at the same time is known as group therapy. Private therapeutic practices, hospitals, mental health clinics, and community centers are all places where this form of therapy is available.

Group therapy is often used on its own, but it's most often used as part of a larger recovery plan that involves individual therapy and medication.

## How it Works?

Group counselling sessions may be as small as three or four people, but the majority of them have eight to twelve people in them (although it is possible to have more participants). The community meets once or twice a week, or more often, for an hour or two. While small groups of three or four people may be formed, most group therapy sessions consist of eight to twelve people (although it is possible to have more participants). The community meets once or twice a week, or more often, for an hour or two.

The minimum number of group therapy sessions, according to author Oded Manor in *The Handbook of Psychotherapy*, is typically about six, but a full year of sessions is more normal. Manor also mentions that these gatherings may be open or locked. New members are invited to enter open sessions at any time. Only a small number of people are invited to join a closed party.

So, what happens in a standard group therapy session? In certain instances, the group would meet in a space with chairs set in a wide circle so that everyone in the group can see each other.

The manner in which the session is performed is primarily determined by the group's objectives and the therapist's style. Some therapists may advocate for a more free-form style of conversation, in which each participant participates as they see fit. Many practitioners, on the other hand, have a detailed plan for each session, which could include making clients practice new skills with other community members.

## Benefits

The following are the main benefits of group therapy:

- Community therapy helps people to benefit from the help and support of their peers. People in the community can see that others are going through similar experiences, which can make them feel less alone.
- Members of the community will act as role models for other members. Other members of the community can see that there is hope for healing by seeing others successfully deal with a crisis. As each person progresses, they may become a role model and a source of support for others. This can aid in the development of feelings of pride and achievement.
- Group therapy is frequently very inexpensive. Rather than concentrating on only one person at a time, the therapist will work for a much wider group of people. Group counselling provides a secure environment. The environment encourages people to perform activities and actions in a healthy and secure environment.
- Working in a group allows the therapist to observe firsthand how each person reacts to others and behaves in social situations. The therapist will provide useful input to each client based on this knowledge.