



Group psychotherapy

What Is Process Group Therapy?

Process Group Therapy is a highly effective form of psychotherapy, especially where social support and learning about interpersonal relationships are important personal goals.

A process group will often consist of three to eight participants who meet on a weekly basis to work on issues they are faced with. These include mild to moderate social anxiety, difficulties with interpersonal relating and communication and self-esteem issues.

Individuals join process groups for a variety of reasons and with differing hoped-for outcomes. Most people join therapy groups because of a dissatisfaction with their way of relating to themselves, others and the world.

The aim of the process therapy group is to create a trusting environment where members can learn about how they relate to others. Group participants are encouraged to share their feelings and impressions, and reflect on their interactions with others. This usually results in a rich experience of interpersonal learning.

The group leaders and co-leaders act as participant/observers, inviting the group to reflect on the group's dynamics, emerging patterns, interactions between participants and the development of the group as a whole.

What Issues Can Process Group Therapy Help to Overcome?

In therapeutic groups, individuals have the opportunity to work towards improving patterns of relating to themselves and others in a safe and reflective environment with other like-minded people. Therapeutic groups can foster growth through:

- Sharing difficult feelings and experiences with others



- Gaining and giving feedback and support
- Reflecting on one's feelings, thoughts and behaviours inside and outside the group
- Understanding other people's feelings, thoughts and behaviours
- Improving self image and self-esteem
- Practising and experimenting with new behaviours and ways of being
- Receiving constructive therapeutic interventions from the group psychotherapist

How Is Process Group Therapy Structured?

There is no fixed agenda to process group sessions. Individuals are instead encouraged to talk about any personal or relationship issues relevant to what has brought them to therapy. Although self-disclosure is essential for one to benefit from group therapy, this is done at the individual's own pace. In addition, members are encouraged to offer support, ask questions, share thoughts, feelings and associations. The effectiveness of the process group lies on examining present interactions between participants. That means members will be asked from time to time to share their impressions of one another.

Process groups are not places for advice-giving or socialising. There are other groups more suited to this.

What Do I Need to Participate in Process Group Therapy Sessions?

All that is required to participate in group therapy in Brighton is a capacity for reflection, an interest in self-development, as well as in other people, and a commitment to attend each session on a weekly basis. Although it is beneficial, you are not required to have any past psychotherapy experience to join our process therapy groups.

A pre-requisite for attending is an assessment interview with the group facilitator and a minimum of three individual psychotherapy sessions prior to joining. There are two intake dates throughout the year, usually in January and September. The group meets weekly for one and a half hours, 43 weeks per year. Please enquire directly with Sam Jahara for more details on how to join and for further



information. The fee for group membership is £90 per month, payable at the beginning of each month.

Get in Touch

If you're interested to find out more about the psychotherapy services we have to offer or would like to book an initial consultation with our highly experienced and friendly team, please do not hesitate to contact Sam on 07790 445404 or at sam@brightonandhovepsychotherapy.com