Group Therapy at UCHealth

**What is group therapy?** Group therapy relies upon multiple group members and trained therapists to bring about personal and interpersonal learning, healing, and further growth. It has proven to be a highly effective form of psychotherapy and is now being offered at our clinic.

**What are the benefits?** Some of the goals of group therapy are as follows:

- Receive and offer support and feedback
- Improve relationships and communication
- Experiment with new behaviors in relationship to others
- Talk honestly and directly about feelings
- Gain a better understanding of your own (as well as other’s) thoughts, feelings, and behaviors
- Improve self-confidence, self-image, and self-esteem
- Undergo personal change inside the group with the expectation of applying that change to life outside the group

**It still sounds scary!** Many people have concerns about being part of a group since they have had negative past group experiences and some have fears about what they imagine it might be like. In our groups at UCH, we do everything we can to make our groups safe and supportive while encouraging members to take risks and grow. Talking with your individual clinician may a good place to start if you think group therapy might benefit you.

**What are the requirements?** Group therapy asks that members agree to create the safest, most supportive environment possible. This means coming to the weekly sessions and maintaining confidentiality. Beyond the basic guidelines, it is expected that each member will do their best to put their thoughts and feelings into words as openly as they can.

We are excited to offer group therapy at UCHealth, and we ask that you consider whether this opportunity might be right for you on your path towards health and wellbeing.

**What if I want to learn more?** For more information, please speak with your clinician.