

The Importance of Group Therapy

It is said that

Joy shared is Twice Joy

Sorrow shared is half Sorrow.

Unknown author



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One of the greatest benefits of group therapy is that we are taught to tolerate a wide range of feelings, to experience feelings and stressors without fleeing or fighting or numbing ourselves (through addictions or dissociation, for example). Therapy groups shake up our status quo and expand our comfort zones in ways that create openness and greater potential for relationships and life satisfaction. Groups teach us not only to expect the unexpected, but to embrace and work with the curve balls life throws us sometimes.

Change cannot occur in the absence of risk. We take risks when we allow our thoughts and feelings to be known by others: when we examine our own belief systems and open ourselves up to really understanding the perspectives of another, when we try something new when we would be far more comfortable to stick

with what we know. Taking such a risk is a necessary catalyst for moving us forward as individuals and as a society.

Are you ready to take a risk towards a better, healthier life and relationships?

Dr. Boatswain is a Licensed Psychologist & Certified Group Psychotherapist. Contact Dr. Boatswain about available confidential & affordable groups that may enrich your life.

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