Group Therapy

What are groups for…?

- In the course of our lives we find ourselves in different groups, formal and informal, – friendship groups, seminar groups, work groups and so on. It may sometimes seem that similar issues come up for us whatever the group.

- Our first group is our family group. Given that no family is perfect – because nothing ever is - difficulties experienced within the family can possibly affect our later functioning and our relationships. Unconsciously we may expect any group to mirror our first group so we may find ourselves repeating past patterns and falling into familiar roles without really understanding what’s going on which can be frustrating, stressful and distressing.

- Group therapy can help us work through old patterns in an immediate and experiential way to give us wider choices and flexibility in our emotional responses and in our thinking. The shared experience of building trust in a safe, confidential setting with peers and the help of a group therapist can provide containment and support in our mutual struggles, whatever they are. This can have a powerfully therapeutic effect on our emotional and psychological health. The latest neuroscience research in this area tells us that it can even affect the social circuitry of our brains!

- PCS runs a long term therapy group term-time on Wednesday afternoons. If you’d like to find out more, please feel free to book a half hour appointment with Annie via PCS Reception.

When
2.00 - 3.30 pm

Where
PCS Group Room