

# GETTING THE MOST OUT OF GROUP THERAPY



Student & Community  
Counseling Center

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Below are some steps you can take to optimize the benefits you obtain from your group therapy experience. Take your time in practicing and experimenting with these strategies. Don't forget that stepping out of your comfort zone can help you to grow

**1** **Identify behaviors** that you wish to change through group therapy and set goals for yourself

**2** **Ask** for help when you feel the need for it

**3** **Know your own limits.** When disclosing personal or embarrassing material, remember that you have control over how much or how little you share

**4** **Address Issues** of mistrust and discomfort about the group or its members during group

**5** **Tell** people your **reactions** to them

**6** When you have something helpful to say to another group member, **say it**

**7** **Listen** as carefully as you can to others

**8** Be **aware** of your feelings and thoughts

**9** During session, silently **ask yourself** what it's like for you to be sitting in this room right at this moment?

**10** When you want feedback from anyone about how they are feeling or thinking toward you, **ask for it**

**11** Try to **adopt the attitude** that the group is a place to **experiment** with new behavior and new ways of relating to people

**12** **Ask yourself** when the group is more helpful to all its members and when it is less helpful

**13** **Cultivate** your curiosity about people in the group

**14** After each session, **ask yourself** what one piece of knowledge you will take with you

**15** Take risks and **try new behaviors**

**16** **Reflect.** Become **aware** of your own reactions to material presented by others.

**17** **Share** positives, too. Group is not just a space for sharing concerns, but also a space for **acknowledging** and **supporting** growth