Group Therapy: the “Why’s” and the What’s”

Why Group Therapy?

- Death of a loved one
- Marriage problems
- Family problems
- Loss of a job
- Social anxiety
- Depression
- Stress
- Burnout
- Substance abuse/Addiction
- Major life transitions
- Breakup or divorce
- Child behavior problems

What is Covered in Group Therapy?

- Health and wellness
- Personal control
- Relationships
- Values and beliefs
- Safety planning
- Mental health systems
- Chemical dependency

POSITIVE PSYCHOLOGY PROGRAM
YOUR ONE-STOP POSITIVE PSYCHOLOGY RESOURCE