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Mental Health Services

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Group Psychotherapy Program

At the core of my group therapy program is a simple premise. Involvement with other people under the right set of conditions is a powerful catalyst for healing, growing, and transforming. Group therapy fosters the right set of conditions to be involved with people who are invested in your growth and well-being. The special relationships that form in a group foster a climate of safety and unconditional acceptance. In such a climate, you'll begin to develop a better understanding of who you are. Beyond better understanding yourself, you'll learn more about how other people experience who you are. Both of these are essential ingredients for anybody hoping to transform their lives.

The unique dynamics of group therapy combine to help you transcend the attitudes, beliefs, and rigid patterns of behavior that have imprisoned you. The mutual support of the other group members provides you with a sense of safety and belonging that allows you to take risks and grow as a result of your new risk taking behaviors. As your connection with the people in your group deepen, you'll discover how healing the support of other people can be.

What is most unique about group therapy is that it is an *active learning experience*. The most important aspect of this active learning experience is how you'll *recreate* in the group all the significant issues that you face elsewhere in your life. Going beyond the mere talking about these issues, the group serves as a learning laboratory for you to create solutions for your *life issues* as they appear in the group. Through this active experiential learning process, you'll incorporate new ways of feeling, thinking, and behaving. This will enable you to develop a more healthy life style based upon emotional honesty with yourself and others. As you develop a deeper understanding of who you are, you'll discover how to create different choices for the things you do and say.

That's the key to the work--making new choices to old familiar life challenges. As you begin to grow, you'll reexamine the choices you make in your life. The result of this self-examination is you'll begin to discard those choices that no longer work for you as well as create new choices that better serve who you are.

Quite simply, group therapy is a dynamic process that facilitates a heightened awareness of your actions, feelings, beliefs, and values. Out of this awareness, you'll develop a new found sense of self-determination. Understanding yourself better will enable you to make the most effective choices possible for you. These new choices will be based on your discovery of what is meaningful to you based upon your emerging value system. Ultimately, you'll discover how to live an authentic life--a life that affirms the essence of who you are.