

GROUP THERAPY

4 Common Misconceptions (and the Surprising Truth!)



Myth #1:

“I’ll be forced to tell all of my most private thoughts and feelings to the group.”

The Truth:

You control what you share in therapy. Most people find that a group can be very helpful and affirming as they start exploring their feelings and reliving difficult experiences.



Myth #2:

“I have trouble talking to people, so I’ll never be able to share in a group.”

The Truth:

Most people are anxious about sharing. However, participants find that they begin to feel more comfortable as they get to know other group members and hear others share.



Myth #3:

“Group therapy will take longer than individual therapy because I have to share the time with others.”

The Truth:

Clinical trials have shown that group therapy is often more efficient than individual therapy. As members share their experiences and concerns, you learn more about yourself, and you get to witness people at different stages in the journey you’re on.



Myth #4:

“If I do share, other group members may not like what I have to say.”

The Truth:

One of the benefits of group therapy is the opportunity to receive feedback in a supportive environment. Groups are also guided by trained professionals who can serve as a mediator for any tough conversations.

Think group therapy is right for you? Flip over this flyer for more information. >>

What is Group Therapy?

Group therapy is an effective form of psychotherapy in which people come together to share their experiences and discuss their feelings under the guidance of a trained therapist.

Is Group Therapy Right for You?

Group therapy is an effective tool for those seeking mental health support. Whether it's used alone or as part of a more comprehensive treatment plan, group therapy can help you find comfort and community with people who understand your journey.

Is Group Therapy Affordable?

At Valley Oaks Health, we accept commercial insurance, Medicaid, and Medicare. We also have assistance available for those without insurance.

What Groups Are Available?

While we're always updating groups to meet the needs of our community, some of our most frequent offerings include groups focused on the following topics:

- Substance use
- Grief and loss
- Depression and anxiety
- Mood management
- Parenting
- Trauma
- Independent living skills

Discover what groups are currently available by scanning this QR code and contacting your nearest Valley Oaks Health office.



ValleyOaks.org/Contact-Us

Who is Valley Oaks Health?

Valley Oaks Health provides comprehensive, high-quality mental health and addiction care based on the needs of Hoosiers living in Benton, Carroll, Fountain, Jasper, Montgomery, Newton, Tippecanoe, Warren, and White Counties.



To learn more, scan this QR code or visit ValleyOaks.org/About

