

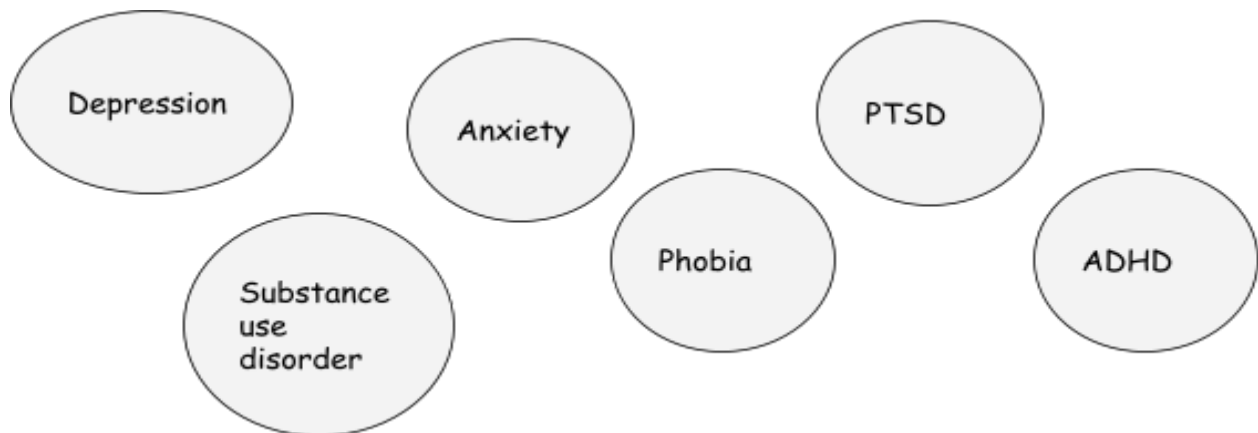
## Free group therapy worksheets

What is group therapy?

Group therapy is a type of psychotherapy that involves one or two therapists dealing with two or more people at the same time.



GROUP THERAPY CAN HELP WITH THE FOLLOWING:



### *Types of group therapies*

<b>Cognitive behavioral groups</b>	It helps to change the irrational, negative thoughts and beliefs to accurate and rational thought patterns.
<b>Psychoeducational groups</b>	It helps to teach clients about the nature of their disorder to help them cope better.
<b>Skill development groups</b>	It helps clients to learn new skills.

<b>Support groups</b>	It helps to provide support to clients to deal with mental health conditions.
<b>Interpersonal groups</b>	It helps clients to improve their interaction and relationship with others.