Advantages of Groups

Universal Therapeutic Factors in Groups

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Advantages of Groups

Benefits of Groups

- Groups provide universality so the group member feels connected.

- Groups provide a safe place for members to practice new behaviors.

- Members learn from one another.
Advantages of Groups

Benefits of Groups

- Groups challenge members to change.
- Members receive feedback that will encourage or help them to change.
- Groups offer diversity and other perspectives.
Advantages of Groups

Benefits of Groups

- Feedback from a peer is more meaningful and often more accepted than feedback from a counselor.

- Groups can be offered at lower costs per member so they are more accessible as a form of treatment.

- Members learn participant and leadership skills that they can generalize to settings other than group therapy.
Advantages of Groups

Benefits of Groups

- Group members can learn from modeled behavior.
- Group members can be role models.
- Groups are an effective avenue for change.
Advantages of Groups

Benefits of Groups

- Group experiences help members become aware of how others view them and what impact their behavior has on others.

- Group dynamics can replicate the family of origin dynamics and thus help group members work out old family issues.

- A group member makes public statements regarding change and thus is more likely to follow through with stated behavior.
Advantages of Groups

Benefits of Groups

- Groups can be especially relevant for children in schools as it universalizes their problems and they do not feel so alone.

- Students will often listen to peers rather than an adult figure. So if they get feedback in group it is more powerful than if the school counselor presented it.
Advantages of Groups

Disadvantages of Groups

- It is more difficult to establish trust between all members.
- It is harder to ensure confidentiality.
- There is a higher risk of having causalities in groups.
- It is more difficult for the counselor to track all the participants.