

## IN THIS ISSUE

- The benefits of Group Counselling: increased personal freedom and autonomy while becoming part of the lives of others by relating maturely and effectively.
- What Type of Therapy is good for me? Read up on the various types of Therapy and become more aware of your options. You might benefit from Cognitive Behavior Therapy (CBT), Cognitive Therapy (CT), Group Counselling, Humanistic Therapy, Person Centered Therapy or Psychodynamic Therapy.
- [Counsellors Spain](#)  
Assisting expats finding a Therapist in their local community
- Counselling Madrid is dedicated to expats, spouses and foreign students since 2006. We abide by the BACP Code of Ethics.

## The Benefits of Group Counselling

Madrid, Nov 24, 2008

Most of you already know about the benefits of individual therapy, either through own experience or from close friends or relatives who went for therapy in the past. Group Counselling however is relatively unknown for its benefits. The explanation sometimes given tells us that many individuals still "get by" and would rather not start sharing their day to day concerns with complete strangers. As Counselling Madrid strives for the fair and adequate provision of Counselling Services in Madrid we decided to dedicate this months newsletter to Group Counselling.

### What is Group Counselling?

During Group Counselling, group members create a supportive environment, together with their Group facilitator. It is the self created supportive environment that creates a drive toward sanity and health so strong that groups enable members to develop their true potential.

Within the Group, members are often able to observe other members behavior and give feedback and thereby encourage others to comment on their behavior. This "pressure" to move forward in a positive direction is a creative force that encourages members to move away from defensiveness and rationalization toward specific personal sharing that is for so many members a new way of being.

As Group members assist in the helping relationship, they realize the worth of human relationship and feel less helpless and defensive. Experiences of trusting and being trusted can be extremely effective in meeting the needs of alienated individuals whose

fears of our manipulative society have forced them to withdraw or to adopt maladaptive behavior patterns. Giving and receiving of acceptance, assurance and support from others within the group are therapeutic. Bonds of common concern are developed and members begin to develop a positive interest in the growth and well-being of others. This can be a very powerful and significant force in the lives of individuals who have been preoccupied with themselves.

### Personal Growth Groups

Often people who are highly successful in many areas of their lives experience vague feelings of disillusionment and emptiness in personal relationships with partners, parents or friends. Some have learned to exist in



*"Groups offer us a unique opportunity to deal with diversity in a Safe environment".*

relationships and have become accustomed to settling for a kind of listlessness, boredom and acceptance of dull pain. Interactions with others in a group can provide an effective way for increased personal growth. Since we lead our lives in an inter-personal world, the group can offer opportunities to practice new ways of being with other people. The group allows us to discover how other people see and experience us and to rehearse and prepare to relate effectively to others. While counselling and therapy groups are not a cure-all for inter-personal needs, they can provide informa-

tion and skills that can help redirect energy into fulfilling relationships.

### Goals & Issues in Growth Groups

Our ongoing general goals and purposes for every group member are to increase personal freedom and autonomy while at the same time, to become part of the lives of others by relating maturely and effectively.

### The limitations of Groups

Groups will not cure anything. However they can provide a consistent, supportive and stimulating atmosphere for self-growth. Most people enter the group with the expectation of remaining for 9 months to a year. This permits both the individual and other group members to experience maximum therapeutic benefit. Normally there is little lasting value in brief group experiences.

*"If you are willing to invest in self-interest, motivation and energy in hopes of enriching your life, consider joining a Growth Group".*

*For more information about joining Growth Groups, please contact:  
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## What type of Therapy?

Madrid, Nov 24, 2008

Often individuals recognize the need for help as common tasks become more difficult to complete while normal day to day situation are more anxiety provoking than before. However, recognizing the need for help leads to the question "what type of help is best for my situation?".

In order to assist clients in their decision making process, which in itself can be time consuming and frustrating, we have listed



*"Do I need short term therapy helping me cope better with specific issues in the Here and Now?".*

some of the most common types of Therapy, allowing clients to get an overview of the differences between for example Cognitive Behavioral Therapy and Humanistic Therapy. To read the summary please visit [www.counsellorsspain.org](http://www.counsellorsspain.org)

*"Things do not Change, we change".*

*Henry David Thoreau - (1817 - 1862)*