GROUP THERAPY
Giving and Receiving Sympathetic and Supportive Care

**The Benefits of Peer Support**

Group therapy has always been a basic approach in the treatment of addiction and mental health conditions. The opportunity for patients to express feelings and emotions with others who can relate to them opens the door to new points of view and helps patients develop relationship skills. Group therapy at Foundations Recovery Network treatment centers is focused on encouragement, positive feedback and suggestions from all members of the group. Our experienced therapists use proven methodologies to help make group settings supportive and constructive in a safe, relaxed atmosphere. All group members can benefit from both listening and sharing.

**Different Groups for Different Needs**

Foundations Recovery Network’s patient-centered care involves giving specific attention to the many different circumstances and backgrounds of our patients. That is why our approach to group therapy includes specialty groups to make treatment a more comfortable and focused process. The goal of this approach is to create a cohesive group where personal development can take place. By participating in the therapeutic process with a group, our patients get a sense of belonging, validation and acceptance. The benefits of group therapy also include the opportunity to build self-esteem and find relief from the isolation and shame often present in addiction situations. Patients gain valuable feedback from their peer group in an environment of trust and honesty.
**How Group Therapy Improves the Recovery Process**

The quality of altruism that our patients develop by helping each other and sharing their experiences helps them to improve their interpersonal skills. They also get the opportunity to validate their experiences and learn how others have overcome the same struggles. Group work can focus on several areas including trauma processing, grief support, coping skills and communication skills. Many patients express a desire to learn how to become more trusting, more forgiving and more open to new ideas. Our group processes are tailored to the needs of each individual group, and proven methodologies are used to meet the needs of each person.

Expressing one’s emotions and telling stories in a supportive environment can be a relieving experience. By feeling free and uninhibited in group therapy, a patient can let go of emotional distress, finding freedom from feelings of guilt and shame and gaining a new motivation to make amends. This methodology can also help patients understand the unconscious causes behind a destructive behavior, which can encourage them take responsibility for their own lives and decisions.

Research shows group therapy can be effective in the healing process. The excellent results of our treatment programs provide tangible proof of this fact.

**About Foundations Recovery Network**

Foundations Recovery Network is recognized as the premier leader in integrated treatment for co-occurring addiction and mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to address co-occurring disorders effectively. Results demonstrate that FRN patients are twice as likely to maintain sobriety one year post-treatment compared to those who attend traditional programs.

**Growing and Learning**

Both individual and group therapy are important parts of Foundations Recovery Network’s efforts to help our patients completely recover from addiction and mental health conditions. While exploring the motivation for change and developing interpersonal relationships through our comprehensive group therapy programs, patients can join their peers in the common purpose of improving their lives and the lives of those they love and care about. By receiving support and being able to freely express their emotions, patients receive not only precision and professionalism through our personalized treatment, but also a sense of understanding and care. Contact us today to find out more about our therapeutic programs.