

Benefits of Group Therapy

Group therapy is an excellent way of getting high quality treatment and is something many clinics generally require for new patients. This handout will help you understand why clinics encourage groups by showing an example of how much of a difference it can make to the amount of treatment you receive.

A Tale of Two Corporals

Two Corporals came to the Behavioral Health Clinic to get help for moderate clinical depression (neither wanted medications). Both of these CPLs had the same provider in the clinic who had a large number of patients. This provider could only see individual therapy patients every 4-5 weeks. Both CPLs were seen in the clinic for 3 months.

- CPL Jones was assigned to individual therapy only.
- CPL Huerta was assigned a mix of group therapy and occasional individual sessions. CPL Huerta attended a weekly cognitive behavioral therapy (CBT) group for depression, an eight-week coping skills group, and an individual session with their provider when the groups ended.

CPL Jones	Therapy Time	# Hours		CPL Huerta	Therapy Time	# Hours
Individual therapy sess.	3 x 60 mins	3		Individual therapy sess.	1 x 60 mins	1
-----	---	-		CBT for depression group	12 x 90 mins	18
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	Total →	3		Total →		27

- When you add up the number of hours of therapy that each Corporal received, you can see that CPL Huerta received many more hours of therapy than CPL Jones in the same 3-month period.

Questions to Think About

- Who is more likely to get relief from their depression, CPL Jones or CPL Huerta?
- Which person would be more adversely impacted by missing 2 appointments because they couldn't pull away from work?
- If you were a friend or family member of one of these CPLs, would you tell them to try group?
- What if no groups were used and everyone had to wait 5-6 weeks for each follow-up?

Facts about Group Treatment

- Group therapy is effective and allows you to be seen more often
- Being seen more often improves your chances of getting better
- You learn the same skills and techniques in group that you would in individual sessions
- Many therapy groups offer evidence-based treatments and interventions
- Getting an evidence-based therapy improves your chances of getting better

