

Introduction to Group Counselling

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1. **Definition** Group counselling is a form of therapy where a small number of people meet regularly to discuss and explore their feelings, experiences, and concerns under the guidance of a trained therapist.

2. Purpose

- Provide a supportive environment for individuals to share and connect with others facing similar challenges.
- Foster a sense of belonging and reduce feelings of isolation.
- Offer opportunities for interpersonal learning and skill development.

3. Benefits

- Increased social support and sense of community.
- Opportunities for feedback and multiple perspectives.
- Cost-effective compared to individual therapy.
- Normalization of experiences through shared stories.

4. Group Dynamics

- Norming: Establishment of group norms and rules.
- Storming: Conflict may arise as group members explore differences.
- Performing: Group members work together towards common goals.
- Adjourning: Conclusion and reflection on group experience.

5. Types of Group Counselling

- Psychoeducational groups: Focus on providing information and teaching coping skills.
- Support groups: Offer emotional support and validation.
- Process-oriented groups: Explore individual experiences and emotions.

6. Ethical Considerations

- Confidentiality: Importance of maintaining privacy within the group.
- Informed consent: Ensuring participants understand the goals and guidelines of group counselling.

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- Boundaries: Setting clear boundaries between therapist and group members.

7. Role of the Counsellor

- Facilitate discussions and maintain a safe environment.
- Manage group dynamics and conflicts.
- Provide support and guidance while encouraging active participation.

8. **Conclusion** Group counselling offers a unique and effective approach to therapy, allowing individuals to gain support, insight, and growth through shared experiences and interactions with others. It can be a valuable tool in addressing a wide range of emotional and psychological challenges.