

## **Group therapy: Not what you see on TV**

Run time - :25

ANCHOR LEDE: For people getting mental health care, a one-on-one session with a counselor may do the trick. But group therapy also has benefits. Tim Ditman of OSF HealthCare has more.

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OSF psychotherapist Doctor Jill Schreiber [SCHRY-ber]:

*SOUNDBITE: "You can learn how to talk with a therapist, but learning how to talk to a peer doesn't happen in individual sessions. You don't see other people who are dealing with similar issues. So it's really helpful in a group to realize you're not the only one who's struggling."*

That's useful for kids who compare themselves to what's happening on social media.

I'm Tim Ditman.

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TAG: Ask your health care provider if group therapy is right for you.