

Finding common ground

Group therapy can help seniors with brain issues

SOT

Kren Harmon

OSF HealthCare licensed clinical social worker

"I had a new woman in group who said she had memory loss and was embarrassed. Another woman who's a veteran of the group didn't miss a beat. She reached over, touched the woman's hand and said, 'Honey we all have that.' The woman burst into tears and realized she's not the only one dealing with this. That's why I come to work every day." (:29)

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"We all have these same issues, but there's hope. We can learn coping skills and accept what's going on. We can support each other. Individual psychotherapy is great, but in group they get the benefit of having each other to lean on. They say 'This worked for me. You might want to try this at home.'" (:25)

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"We cover current events. What's the date? What's the weather? We do check-ins. Tell me something new in your life. People like that. They talk about their new great grandbaby." (:31)