

Group therapy: Not what you see on TV

SOT

Jill Schreiber [SCHRY-ber], PhD, OSF HealthCare psychotherapist

“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.” (:15)

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“Often there’s a check-in with each person to see how their week has been, how they’re doing or what they were working on since last week. There’s always an educational component at some point where we’re teaching a skill.” (:17)

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“Some clients are dealing with so much social anxiety that it takes a lot of individual work before they can even go to a group.” (:06)

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“People can share their stories. Then others respond, and they realize ‘Oh, this thing I thought was so terrible, people are compassionate about. They’re not judging me.’ And then they feel less judgmental of themselves.” (:16)