

## Group therapy: Not what you see on TV

The National Institute of Mental Health says in 2021, around one in five U.S. adults suffered from a mental illness. Among those, around half received a mental health service.

### TAVE VO

One-on-one sessions with a counselor are one form of care that's valuable, even critical, to many. But group therapy is an additional tool that can offer benefits that individual therapy cannot, says Jill Schreiber, an OSF HealthCare psychotherapist.

### \*\*\*SOT\*\*\*

Jill Schreiber [SCHRY-ber], 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)

### VO TAG

That's very useful for children and adolescents. Those kids often see others having fun on social media, compare that to their own gloomy life and it adds to the sadness.

Group therapy participants can also share coping skills with others in the circle, leading to a sense of altruism.

Talk to your doctor about whether group therapy is right for you.