

# 5

## REASONS WHY WOMEN BENEFIT FROM GROUP THERAPY



**Be.Well.**  
Psychotherapy

Over the last decade, group therapy has evolved from the red-headed step-child of psychotherapy to its cool cousin. Providing support, stability, and an open environment for sharing and growing, group therapy has proven itself to be an extremely effective platform - both on its own or in conjunction with individual therapy. Why?

Because we all serve as members of groups in everyday life, from our family units to academic experiences, in work and in social settings, group sessions echo our real-life experiences, facilitating a natural environment for participants. Particularly in this digital age in which we are more disconnected than ever (yet simultaneously aware of everyone and anyone's baby bump, promotion, lost pet), group therapy allows us to take a deep look inside while connecting with others.

Let's break this down into the 5 core reasons why women benefit from group therapy.



Group therapy allows us to take a deep look inside while connecting with others.

# 1

**You tell your story  
(and own your story)**

Let's call a spade a spade: sometimes our partners (boyfriends, girlfriends, fiancés, spouses, casual relationships alike) don't get us. Have you ever had that experience in which you're at odds with a partner and you genuinely cannot believe how they don't see where you're coming from? Then you talk to a girlfriend and she is equally shocked at how they're clueless? This, among countless other scenarios, is a shared human experience.

This is where group therapy steps in: there is value in having others witness and validate your experience. The simple act of sharing your story, of finding your voice, is powerful. It allows you the unique opportunity to frame a narrative in which you communicate your situation while leaving opportunity for improvement of the experience, enabling problem-solving moving forward.

# 2

## You improve your relationships with others

Though not in contrast to reason #1, group psychotherapy is extremely unique in that members are able to provide their own input on how they experience you in a safe and ever-supportive environment. Think back to a time you've shared frustrations with a friend. You may have the one friend who completely understands, and then likely another friend who is a little more inquisitive: "have you thought about X, did you communicate Y?" Both roles are tremendously valuable and in group there is the opportunity for each experience.

In terms of your closest friendships, many of these people have likely been in your life for quite some time. Over time we tend to implicitly accept our friends as they are, not recalling that upon newly meeting them they may have come across as a bit cold, regularly spun the conversation to be about themselves... you get the idea. While long-term friendships are irreplaceable, having an environment with new women simultaneously learning and navigating one another in group therapy is a chance to benefit from the feedback of others as well as the expertise of an individual therapist.

While at a quick glance it might sound intimidating to receive and accept feedback from new people, the structure of group is important: boundaries are shared from the onset that allow the setting to be nourishing. Group members are almost always surprised by how rewarding the group experience can be as with this foundation established, women can begin to bridge the gaps and try out new ways of relating to one another in a safe environment.



With group therapy, women can try out new ways of relating to one another in a safe environment.

# 3

## You meet people dealing with similar situations

There are few experiences as comforting as realizing that you are not alone. While each of us is unique and may have unique circumstances, nobody is alone in their struggle. Group sets this foundation from the onset, as oftentimes groups are themed around a life event (such as grief sessions) or specific mental health area (be it depression or anxiety).

Some of the most successful groups at BeHER are around women who may not join together at the onset with a particular theme but quickly find themselves identifying areas where they most benefit from support, such as juggling guilt around their professional life/family life balance or navigating their romantic relationships.



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The group environment facilitates the discovery that people's secrets tend to become startlingly similar. Being in a group setting may further illuminate for you that you are not the only person who worries about inadequacy, love and relationships, sexual barriers, or professional advancement.

In addition to benefiting from therapist expertise, group therapy fuels both understanding and learning from how other women with different backgrounds have approached similar problems.

What went well? What didn't? How can someone else's experience help to shape and inform your own approach to communication? Group therapy inherently covers these bases.

# 4

You will stay  
focused on your  
goals

A group can  
normalize the  
priority of  
staying focused,  
while promoting  
the feeling of  
community.



I'm sure you've heard that people who set out to lose weight together are significantly more likely to succeed than those who go it alone. There's a good bit of psychology around the success of having a buddy when approaching a challenge, as a group can normalize the priority of staying focused, while simultaneously promoting the feeling of community.

In addition to providing a vehicle for support, the community aspect of group allows for the women to gently hold one another accountable with their problem-solving and solution-oriented approach.



5

You realize that now  
is the time

Our world is more complex now than ever. Our careers (even ones we love that we kick ass in) can drain us, our families and relationships can be complicated, we are blasted with thousands of messages a day telling us who we are or who we should be.

Group psychotherapy allows us to have a pulse on our truest selves. It allows us to crack open our hearts, to appreciate the positives while addressing the negatives.

You can be your best self - you can be her.  
Is now the time for you?

# BeHER

## • CIRCLES •

At the completion of our 8 week BeHER Circles,  
you can expect:

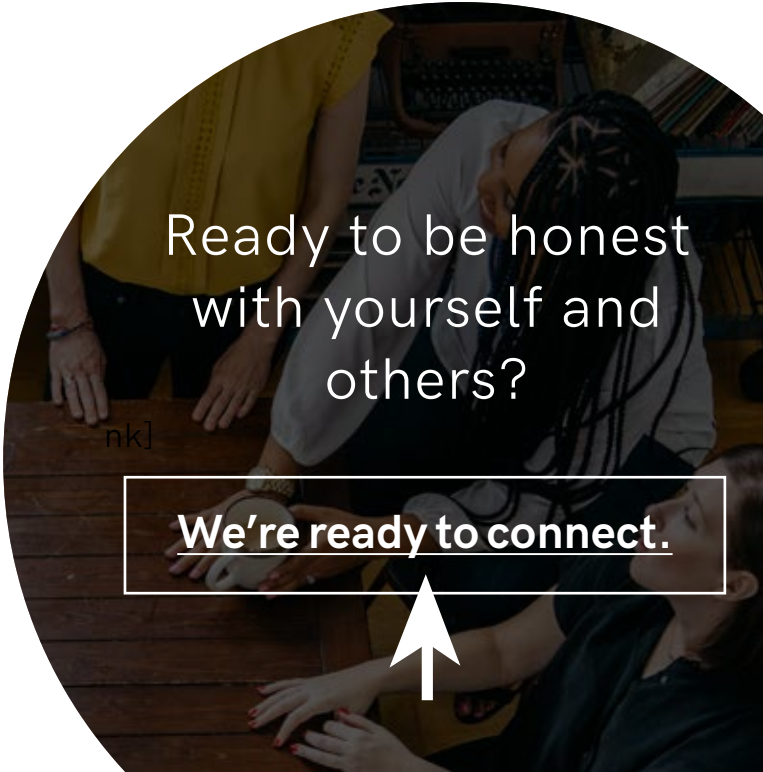
- An enhanced understanding of how to identify and navigate whatever it is that is standing in the way of getting what you want.
- A stronger sense of who you are in the world and how you best relate to others.
- A connection with the other women in the room and a new internal conversation around your relationships to others.

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These three tenets are lofty goals for 8 weeks, but with the tried and true BeHER techniques, women are seeing tremendous success in how they perceive themselves and their way in the world.

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As Kim W. from our last session shared,  
"When I attended my first BeHER conversation, I was amazed at how quickly a group of women who didn't know each other were able to honestly talk about their true feelings on sex, relationships, addictions, fears, etc. It was a safe place to be real and get raw without being judged. The format challenges you to dig deep and reveal truths about yourself that you may never have spoken."



Ready to be honest  
with yourself and  
others?

**We're ready to connect.**

