

Substance abuse group therapy



**ASSIGN
BUSTER**

The topic that I chose to talk about is Group Therapy for those who have been or still our addict. I am going to talk to you about the general information on group therapy, what they have to offer and I will also touch on where group therapy is offered. When it comes to alcohol and drug addiction recovery, there is no one ' best' approach to recovering from an addiction and there is no single part of the process which works exactly the same for each person. However, group sessions have come to be seen as one of the best possible therapies for those in addiction recovery.

Group therapy sessions can be extremely helpful to many struggling with addiction. The types of groups will be discussed are support groups (by which we mean self-help and support meetings, typically free of charge), group sessions and or groups which are educational in nature, which are spoken by professionals. The first group that I'm going to be talking about is called Group sessions, whether it is for support or as a clinical therapy have may have several benefits such as: 1). Learning that there are others who share the same problems, or problems similar to yours.

While their addictions may not be the same as yours, you'll find that there are a lot of similarities to how you and the other members of the group experience addiction - meaning that you can learn many good coping strategies from each other. 2). You will probably have the opportunity to see someone with the same problems as you who has come farther along through the recovery process that you'll realize that there is hope for you; which will give you additional even more of a reason to want to stay in recovery. 3).

Being able to get some things off of your chest can be a big help towards getting you closer to your recovery. We are by nature social animals and having a group to share your troubles with can make your recovery easier to bear. 4). Group sessions are a great way to build your social skills. Secondly there is an Addiction therapy group which is guided or moderated by a therapist or other professionals that can even offer more benefits to those battling drug and alcohol addiction. These groups tend to be smaller. The information revealed in this context is far more likely to remain confidential.

The therapist or other health professional guiding the group session will likely be very helpful in examining the dynamics of the group and helping the individuals in it to understand their own behaviours. Like any group sessions, the benefits are most readily apparent after having participated for some length of time, from months to as long as a few years. The last group that is offered is the Educationally oriented groups (also known as psycho-educational groups) this group does not offer all of the benefits of the other types of groups, but instead offer instruction on coping strategies for overcoming addiction.

There will likely be a very little amount of socialization and interaction involved. These groups are instructional, but are the instructor is especially talented; he or she can take on the role of running a group. The best group sessions to help you break the ties of addiction are the ones offered by your local alcohol and drug professionals or a drug rehab program with an excellent reputation. Support groups in your area can also be helpful and are usually free and offered at various times which can fit into your schedule.