

How Therapy and Counseling Can Help



You don't have to be diagnosed with a mental health problem to benefit from therapy. Many people in therapy seek help for everyday concerns: relationship problems, job stress, or self-doubt, for example. Others turn to therapy during difficult times, such as a divorce. Crossroads Programs are therapeutic and personal growth workshops that use the supportive environment of a group of people who share common problems.

Talking about your thoughts and feelings with a supportive person makes you feel better. It can be very healing, in and of itself, to voice your worries or talk about something that's weighing on your mind. And it feels good to be listened to—to

know that someone else cares about you and wants to help.

It can be very helpful to talk about your problems to close friends and family members. But sometimes, we need help that the people around us aren't able to provide. When you need extra support, an outside perspective, or some expert guidance, talking to a therapist or counselor can help. While the support of friends and family is important, therapy is different. Therapists are professionally-trained listeners who can help you get to the root of your problems, overcome emotional challenges, and make positive changes in your life.

Evidence on the Effectiveness of Group Therapy

During the last 30 years, studies have shown the growing benefits of group psychotherapy in a number of areas of life challenges. Through groups, individuals find a forum of peer support, gaining strength as they share their feelings and experiences with others who are facing the same obstacles as themselves. Some gain strength in seeing the resourcefulness of those in the same situation, while others renew their feelings of self-worth through assisting others. During the group process, people develop a support network through each other -- no longer feeling isolated by their condition and gaining a greater sense of normalcy. With certain medical conditions, group psychotherapy can contribute to general improvement in one's psychosocial functioning. Research also has shown that survival rates have, in some cases, actually increased, with proper therapy. Research has demonstrated that various forms of group psychotherapy are equally beneficial with positive results found across the board for a variety of disorders. Group therapy is also cost-effective when compared to individual treatment. When a therapist's time is spent with an entire group instead of one person, the expense for individuals is significantly reduced while the benefits remain and, in some instances, prove to be even greater.

Sources: www.helpguide.org and The American Group Psychotherapy Association



Crossroads Programs
therapeutic and personal growth workshops
800-348-0937



www.crossroadsprogramsforwomen.com

Life is complicated and women face many complex issues and difficult situations throughout their lives. Our weekend and week long treatment programs are designed for real women with real lives and real responsibilities. Our workshops are intensely focused and action oriented to help you discover the "whys" behind the struggles and learn how to move beyond today with a new confidence to change your life!