

Healing Together: Core Group Therapy

What is group therapy?

Group therapy can be used to effectively treat a variety of conditions, including trauma, anxiety, depression, post-traumatic stress disorder (PTSD) and attention-deficit/hyperactivity disorder (ADHD), just to name a few.

Groups have a unique advantage: they provide camaraderie and learnings from others going through similar struggles. Often times, your group becomes an extended support network. Instead of having just one shoulder to lean on, you have many – all while still receiving the effective treatment you'd get in traditional one-on-one therapy.



Children and caregivers are also able to practice their skills with other group members, which provides an in-the-moment learning environment that can't be replicated in individual therapy. In many cases, group therapy creates better outcomes than one-on-one therapy, depending on the individual and their concerns.

Group therapy *is* therapy.

Which groups does Core offer?

CASA's Core program offers a number of therapeutic and educational groups. These are available to families currently in Core, and to families on the waitlist.

Core's group offerings include:

- The Incredible Years®
- Confident Parenting/Parental Skill Development
- Supporting Healthy Sleep in Children
- Therapeutic groups for anxiety and ADHD
- And more to come!



Matilda's Story

Ten-year-old Matilda and her family were referred to Core after a difficult year. Matilda's doctor suspected she had ADHD, and wanted to get the proper supports in place for her to thrive.

Matilda was accepted into Core. Within the month, she and her parents began attending "Switching Gears," the ADHD skills group.

In group, Matilda met peers facing the same struggles. Suddenly, she didn't feel so afraid, ashamed or alone. Her parents had a similar realization. Together with their group facilitator and new extended support network, Matilda's family learned more about ADHD, practiced their skills, and even had a little bit of fun while doing so.

Matilda and her parents also had the opportunity to consult with the group psychiatrist about medications commonly used for ADHD. They decided against medication, but felt more prepared to consider it in the future.

By the time the group came to an end, Matilda had a new outlook on her mental health journey. She and her parents were more confident in their ability to handle the diagnosis, and looked forward to making even more progress using the skills they picked up in group.

Questions?

Don't hesitate to reach out to your CASA therapist with any questions about group therapy.