

Group Therapy- 1

Date: 1/25/2023

Leader: Nancy Steifel

It was refreshing to meet colleagues and speak freely. The leader was prompting each one to speak. It was nice to see that we don't have all to agree with each other, but remain very empathic to each response.

I noticed some benefits of group therapy:

Group therapy provides a supportive environment where individuals can share their experiences and feelings with others who understand and relate to their struggles.

I noticed that through group therapy, I was able to gain insight into my own thoughts, feelings, and behaviors, as well as the thoughts, feelings, and behaviors of the others.

I think this session demonstrated the value of group therapy in helping individuals develop better communication skills, such as active listening and expressing themselves effectively.

I noticed that I don't usually speak unless prompted. I am not a shy person but I am less able to express my fears in front of others. I hope that can get better with more classes.