

IAPT Kirklees

# Increasing self esteem

8 week therapy group

**Your feedback is welcome**

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With all of us in mind

## What is group therapy?

Group therapy, like one to one therapy, is intended to help people who would like to improve their ability to cope with difficulties and problems in their lives.

In group therapy the meeting is with a whole group and two counsellors.

Group therapy focuses on interpersonal interactions, so relationship problems and confidence issues are addressed well in groups.

## The aim of work with low self esteem

The group aims to help people understand how low self esteem develops, what keeps it going and how to make changes that enable people to start to feel more confident and compassionate towards themselves.

## How does it work?

The group involves some teaching on different types of models of counselling, together with encouraging group discussions around weekly topics.

Members of the group are encouraged to share with others personal issues which they are facing and can talk about, if they feel comfortable to do so.

The group will run for eight sessions, one session per week for two hours.

## The group will cover:

- Understanding low self esteem
- Exploring childhood roots and making connections to current experiences
- Exploring relationships and communication
- Learning relaxation and breathing techniques
- Recognising triggers
- Goal setting
- The use of affirmations and positive self-talk

The group can become a source of support and strength in times of stress and can help explore and identify solutions and help individuals become more self aware.

## Who can benefit from group work?

- The group is especially effective for people with low self confidence and difficulties and problems in relations.

- The group interactions help people to identify, get feedback, and change the patterns that they feeling are sabotaging their lives.
- The great advantage of group therapy is working on these patterns in the "here and now" - in a group situation more similar to reality and close to the interpersonal events.