



Group therapy (in English)

For whom and what for?

Adult persons who want to strengthen their mental health suffering from burn-out, anxieties, panic attacks, addictions to substances or behavioural, having troubles in relationships in families or at work, constant unhappiness or even depression, sleeping disorders or sexual frustration. *Many of us have to carry their burden bravely.*

So individual causes have to be explored carefully, new paths need to be gone, new solutions can be tried out. A professional psychotherapy will help, sometimes combined with sound medication.

Why group therapy?

By doing your psychotherapy in a group you combine 3 advantages:

First, you receive professional support by an experienced psychotherapist. Second, you exchange your experiences and solutions with the other participants. According to research findings (see below) and my personal experience: this exchange already helps a lot!

Then, even more valuable: Psychodrama done in a group provides lots of opportunities to bring different scenes of problematic situations in your life onto "stage" and to look for new ways in a secure environment – all this in a playful & creative way.

In case you feel afraid of groups or new people: no worry, your start will be cautious and slow, and after a while you'll feel safe enough to share with the group what you're longing for. Anyway, first step is calling me and have your first appointment to talk about your needs.

Time, place & money:

When: **every second Tuesday, 16:00 to 19:15 hrs. This new group starts in Spring 2025.**

Where: 1140 Wien, Hickelgasse 21/3 - near to U3 Hütteldorfer Straße

Cost: € 100 per evening. At your first appointment (€ 100) we will see whether you need a diagnosis and will also check your eligibility for (co-)funding by social security in Austria or your private health insurance.

Your first step:

Please phone or mail me for further questions and to fix your first appointment. These 50 minutes will put you in a good position to decide afterwards. You can start in 1 : 1-psychotherapy to bridge time till the group starts.

Further reading on the method of psychodrama and its effectiveness:

<https://en.wikipedia.org/wiki/Psychodrama>

<https://positivepsychology.com/psychodrama-therapy/>