

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 Monday, 16:00 to 19:15 hrs.**

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

Cost: € 120 per evening. At your first appointment (€ 120) we will 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/