

Group Therapy



WHAT IS GROUP THERAPY?

Group psychotherapy is a treatment of psychological problem in which two or more patients/client interact with each other on both an emotional & cognitive levels in the presences of one or more psychotherapists who serve as catalysts (the person who can be related to or who can understand the other's point of view), facilitators or interpreters.

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HISTORY OF GROUP THERAPY

History of Groups



Techniques Of Group Psychotherapy

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