How will I know if I am suitable for the group and that it is right for me?

Our assistant psychologist Ananya Yadav will meet with you for a 30-minute screening session where you will fill out a few questionnaires and go through some basic questions. This will help us know if the group is appropriate and helpful for you.

What is the difference between group and individual therapy?

In individual therapy, a therapist works with a single individual client, and listens and responds to the client’s issues according to his/her therapeutic model.

In group therapy, treatment is delivered by one or more therapists to a group of individuals collectively.

What are the benefits of doing group therapy?

• The group setting has been shown to have many therapeutic benefits. The power of groups lies in the unique opportunity to receive multiple perspectives, support, encouragement, and feedback from an experienced clinician as well as other individuals with similar experiences, in a safe and confidential environment.

• Individuals understand that they are not alone in their issues and that others struggle similarly.

• Individuals in a group often find they have fewer reservations about discussing their issues with others because they can identify with the members of the group.

• Individuals develop even deeper insight into their own issues because they get to hear from other participants who are grappling with the same issues.

• Being in a group fosters communication skills that allow individuals to receive both support and constructive opinions from others.

Do I have to speak about my problems in front of the whole group?

You are under no pressure to speak or share at all. You can gain a great deal from listening and learning from the group leader and the other members. However, many people find that once the group becomes familiar they feel very differently about sharing and become more confident about speaking in the group.

Is everything confidential?

Group therapy has very clear confidentiality rules which each group member and the group leaders will agree to and respect. Each group member will sign a confidentiality agreement before we begin the sessions. Anything shared or spoken about in the group is entirely confidential and whilst we encourage group members to connect outside of sessions if they wish, we ask them to avoid bringing up the content of the group outside of the group.
**What is the format or structure of the group?**

The group will include psycho-educational components that will provide a platform for participants to develop an understanding of depression, its symptoms, and how it operates in the brain. The group treatment will be skills-based and participants will have opportunities to practice their skills in the group. Homework between sessions will also help with applying skills and having the opportunity to brainstorm around challenges that may arise.

**What is Cognitive Behavioral Therapy (CBT)?**

CBT is a form of psychotherapy that treats problems by modifying dysfunctional emotions, behaviors and thoughts. It focuses on solutions, encouraging individuals to identify harmful thoughts, assess whether they are an accurate depiction of reality, and, if they are not, employ strategies to overcome those thoughts and change unhelpful behaviors.

**Is group therapy effective?**

Numerous studies regarding the efficacy of group therapy for depression show a reduction in symptoms after completion of the group intervention as well as sustained improvement at follow-up. These studies have been published in peer reviewed journals such as the BMJ Psychiatry.

**Who will be running the group?**

This group will be led by Dr. Ottilia Brown, a senior clinical psychologist at The LightHouse Arabia. She will be supported by Ananya Yadev, who will help facilitate the group.

**How long will this group run for?**

The group will run for 6 weeks, and each weekly group session will be two hours long. The group’s membership will not change: whoever starts the group will remain throughout the group’ duration.

**What can I expect by the end of the group?**

By the end of the group treatment you will have a greater understanding of depression and how it operates and affects your functioning. You will also be armed with skills for managing thoughts and behaviours that contribute to the depressive state.

**What is the price of the group?**

The price is AED 1,740 + 5% VAT for 12 hours of group therapy.

**Do I have to pay all at once or per meeting?**

This is a closed group, so we require that participants sign up and commit to attending every session. A minimum payment of AED 870 is required before the start of the group as well as a post-dated check for the balance.