



Don't Underestimate the Value of Group Therapy

Group treatment is the provision of therapeutic intervention in a group setting and is sometimes mistakenly perceived as less valuable for clients in rehabilitation settings. Practicing skills in a group setting when going through the rehabilitation process can help facilitate the clients return to their previous engagement in group activities.

Skilled rehabilitation group treatment is the combination of structure, group process, adapted tasks or activities aimed at fostering change and adaption in a person with an illness, impairment or disability. Intentionally bringing individuals together into a system of relationships in order to meet the individual needs of each is at the cornerstone of group treatment. The Patient Driven Payment Model provides additional support to the value of group as we use challenging, real-life interactions to create even greater functional independence vs. functional dependence.

In order to obtain the most benefit from implementing group sessions, therapists use their skilled judgment related to the clinical benefits from group and document why this mode of therapy helps the recovery and wellbeing of their particular patient. Below are just a few clinical benefits.

- Peer support/encouragement
- Increases motivation
- Information exchange and sharing
- Patient self-analysis for functional skills
- Comparative self-analysis and learning from peers skill levels
- Assists in identifying unrealistic expectations, goals, or discharge plans related to functional skills and abilities
- Enhances self-esteem
- Assists in recognizing problems are not unique and that peers also experience challenges
- Provides learning environment to implement alternative strategies
- Increases independence and self-reliance
- Provides opportunity to learn new and enhance current social skills and appropriateness
- Provides cohesiveness - patient develops feeling of membership, feels valued, and increases personal learning
- Helps patients with similar problems learn to support each other through group experiences
- Group members frequently develop friendships or support systems that may continue even when they are no longer participating in the group.

Questions about this information? Contact PDPM@AegisTherapies.com or visit our Resource Center for more information at [AegisTherapies.com/Resources](https://www.aegistherapies.com/Resources).