

Circles of hope.

CIRCLES OF
healing.



CIRCLES OF
discovery.



CIRCLES OF
transformation.



NORTHEASTERN SOCIETY
FOR GROUP PSYCHOTHERAPY
FOUNDATION

Circles of healing.

Listening
Hope
Relationship
Diversity
Learning
Sharing
Caring
Acceptance
Insight
Growth

GROUPS ARE NATURAL TO HUMAN GROWTH.

Children playing in a circle. Friends gathered around a campfire. Colleagues holding a roundtable meeting. Family members at a funeral service. Throughout time, people have gathered together to share, learn and mourn.

You or someone you love may need group psychotherapy. Group psychotherapy allows us to join together for the clear purpose of examining the challenges in our lives and our responses to them. In a group we can share our struggles, gain insight and find others who will listen. As a result we learn new ways to cope, relate to others, and take better care of ourselves – no matter what obstacles we're facing.

The NSGP Foundation promotes the highest quality of group therapy work in our communities.

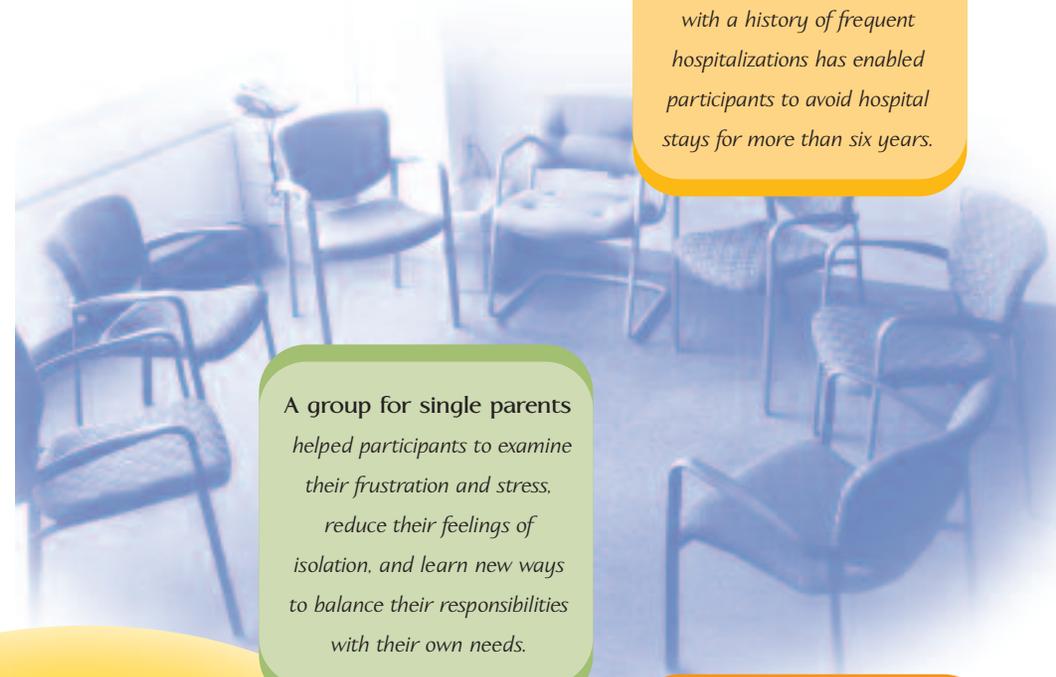


GROUPS OFFER COMMUNITY, CARING AND POSITIVE CHANGE.

A group for people with serious mental illness with a history of frequent hospitalizations has enabled participants to avoid hospital stays for more than six years.

A group for single parents helped participants to examine their frustration and stress, reduce their feelings of isolation, and learn new ways to balance their responsibilities with their own needs.

A group for combat veterans enabled members to put traumatic combat experiences into perspective, reduce their nightmares and feelings of anxiety, increase their sense of belonging in civilian life, and regain self-confidence.



Circles of discovery.

The NSGP Foundation was launched to help people in our communities gain greater access to highly trained group psychotherapists. Its founders are psychotherapists who are passionate about the power of groups to offer help to anyone experiencing isolation, trauma, stress, depression, illness, or loss — regardless of their age, health, income level, or life situation.

With financial support from individuals and our members, the NSGP Foundation provides:

- Scholarships to clinicians seeking to apply group work to their practices
- Comprehensive training for new group therapists
- Ongoing programs and conferences to educate clinicians about new trends, discoveries and applications of group therapy

With contributors' support, the Foundation seeks to:

- Offer programs to educate both professionals and the public about the benefits of group psychotherapy
- Assist in response to emergencies, enabling people to better cope with traumatic events
- Fund new research to examine the efficacy of group psychotherapy

WHY ARE GROUPS EFFECTIVE?

So many of us benefit from groups:

- Cancer patients
- Families of victims of 9/11
- Individuals struggling with anxiety and depression
- People living with HIV/AIDS
- Men and women fighting addictions

For many, groups have been a source of interpersonal learning, inner strength and hope. Over the fifty years that groups have been used therapeutically in the U.S. we've learned that they help people to make positive life changes. Many groups stay together for years. Members often

reduce stress, improve relationships and feel more fulfilled. Well-run groups can provide:

- A place to explore difficult feelings
- An opportunity to grow by helping others
- A safe way to learn and try new behaviors
- A place for sharing beneficial information
- A way to find common ground amid differences
- Instillation of hope

An effective group is a "lab for life."

Participants face their peers in addition to the therapist. During these often honest, spontaneous exchanges, group members tend to learn from each other, commiserate over setbacks and encourage growth.

WHY ARE GROUPS COST-EFFECTIVE?

At a time when medical and insurance costs are skyrocketing, and the cost of care is prohibitive to many, groups offer effective and affordable treatment. Because fees are shared among group members, the cost per person tends to be low. Typically, group therapy is one-third the price of individual therapy.

“No other form of treatment gives such a rich opportunity for change in a short period of time at relatively low cost.”

—Walker Shields, MD



Circles of transformation.

Who benefits from the work of the NSGP Foundation?

Our families. Our neighbors.
Our communities.

The NSGP Foundation serves mental health professionals and allied professionals, including psychologists, psychiatrists, social workers, nurses, counselors, ministers, addiction specialists, trauma specialists and their clients in the Northeast.

THE IMPORTANCE OF TRAINING GROUP LEADERS.

The NSGP Foundation provides comprehensive training for therapists. Effectiveness as a group therapist requires specialized knowledge and skills. Groups are complex and require close attention to changing dynamics so that each participant can contribute and receive appropriate care.

The nationally recognized NSGP Training Program offers aspiring group leaders a rich learning experience that imparts the skills required for beneficial outcomes. Not only are trainees educated in group theory and process, they experience group membership before taking on the role and responsibility of group leadership. Throughout the training they also receive mentoring and supervision from certified group therapists.



Visit us on the web at:
www.nsgpf.org

BE A FOUNDING MEMBER OF OUR GROUP.

Together, we can!
Join our circle. Help ensure that group therapy is available to anyone who needs it. A gift of just \$50 enables the Foundation to provide a mental health trainee with access to group therapy training. The NSGP Foundation is a 501(c)(3) organization, and your donation is tax-deductible.

We all thank you.

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“ A therapy group is like the village well...
a place where people come to cleanse their
hearts, to join, to mourn, and to laugh, and
in so doing, to heal and be healed. ”

— Anne Alonso, PhD

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