

Therapy groups

At Tower Hamlets Talking Therapies



We care
We respect
We are inclusive



What is a therapy group?

- Group therapy is similar to one-to-one therapy. You will cover the same helpful tools and techniques, guided by a trained therapist, but in a small group setting (usually up to 8 to 10 people, maximum 12).
- The therapist will guide each session, introduce key ideas, and support the group in working through the material together. There may be opportunities to share thoughts or experiences, but you will never be expected to tell your full life story. You can share only what feels comfortable for you.

Why choose group therapy?

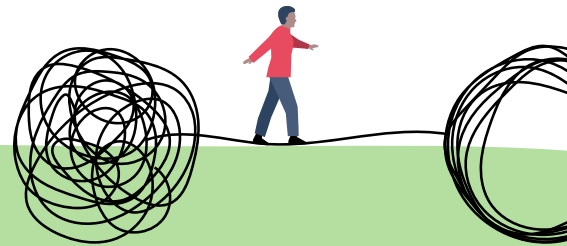
Group therapy is a supportive and effective way to work on your wellbeing.

Many people find that being in a group helps them feel understood and less alone. You'll meet others who may be going through similar experiences, and with the support of a therapist, you can learn from each other as well as from the course itself.

Research shows that group therapy is just as effective as one-to-one therapy. It can also often be accessed more quickly.

People who have attended groups tell us they found them:

- Supportive and encouraging
- Motivating
- Helpful in reducing feelings of isolation



Benefits of group therapy

- **You're not alone:** Connect with others who have similar experiences. Sharing a space with people who understand can help you feel validated and less isolated.
- **Learn together:** Groups offer the chance to learn from each other, as well as from the therapist. Supporting others can also help build your confidence and self-esteem.
- **A safe and supportive space:** The group is designed to be respectful, confidential, and supportive, giving you a chance to practise new skills.
- **Different perspectives:** Hearing how others approach similar challenges can offer new ways of thinking about your own situation.
- **A sense of hope:** Many people feel encouraged when they hear how others have made progress with similar difficulties.

Frequently Asked Questions

Q: What if I feel too anxious to attend?

A: It's completely normal to feel nervous, especially if you've never been to a group before. Many people feel unsure at first, but feedback shows that most become more comfortable as sessions go on.

Before the group starts, you will have a chance to speak with a facilitator to discuss any worries or questions. You might also want to try one of our webinars first to get familiar with the online format.

Q: How do I access the group?

A: Our groups run online using Microsoft Teams. You'll receive a link before the group starts, which you'll use each week. You can join using a smartphone, tablet, or computer.

You can download the Teams app or join through your internet browser.

Q: Will I have to share all my personal details with strangers?

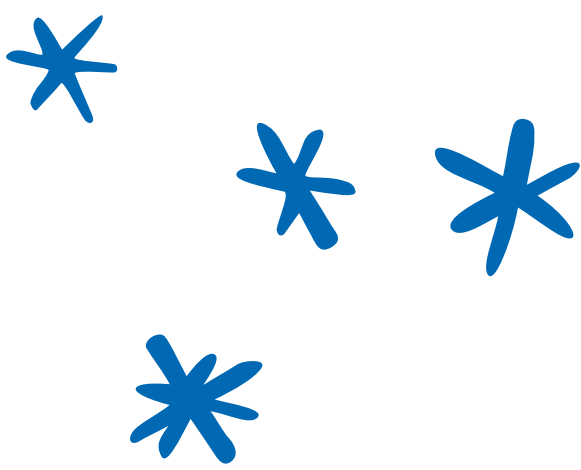
A: You only need to share what you feel comfortable sharing. Everything discussed in the group is confidential. It's completely okay not to talk about very personal experiences.

Many people find that as they become more comfortable, they naturally begin to open up, but there is no pressure.

Q: Do I have to have my camera on?

A: We encourage you to have your camera on where possible, as it helps create a more connected and supportive environment. Seeing each other can make it easier to communicate and understand emotions.

However, we understand this can feel uncomfortable at first, and you can discuss any concerns with your facilitator.



Frequently Asked Questions

Q: What if I don't want my name visible?

A: You can choose how your name appears when joining the session. We recommend at least using your first name.

If you join through your browser, you can enter a name of your choice before entering the session.

Q: Will I have to speak?

A: You will be encouraged to take part, as people who engage more tend to benefit more from therapy.

There are different ways to participate, such as speaking or using the chat function, depending on the group.

Q: What if I know someone in the group?

A: If this happens or you're worried it might, please speak to your group facilitator as soon as possible so they can support you.

Q: What if I have other concerns not addressed here?

A: It's very common to feel unsure about starting group therapy. Many people who felt hesitant at first have told us it became a positive and valuable experience.

If you have any concerns, please talk to us! We're here to help you feel comfortable and supported.

Overview of groups



Balancing Stress

Feeling overwhelmed by everyday life?

Learn practical ways to manage stress and create more balance in your daily routine.

In this group you will:

- Learn ways to manage stress
- Reduce overthinking
- Balance daily responsibilities
- Practice relaxation techniques

Helpful for:

Stress, feeling overwhelmed & daily pressures

Depression Support

Are you experiencing ongoing low mood or depression?

Learn how depression affects thoughts and behaviour and how small changes can improve mood.

In this group you will:

- Understand how depression works
- Recognise negative thinking patterns
- Reintroduce helpful activities
- Practice mindfulness techniques

Helpful for:

Depression & persistent low mood

Overview of groups

From Critic to Compassion

Do you find yourself being very self-critical?

Learn how self-critical thoughts develop and how to build a kinder relationship with yourself.

In this group you will:

- Understand self-criticism
- Explore how it affects confidence
- Develop self-compassion
- Practice self-kindness techniques

Helpful for:

Low self-esteem & self-criticism

Managing Anxiety

Do worries feel constant or difficult to control?

Learn practical ways to manage anxiety and feel more confident coping with uncertainty.

In this group you will:

- Understand how worry works
- Build tolerance for uncertainty
- Practice problem solving
- Develop strategies to manage anxiety

Helpful for:

Anxiety, constant worry & overthinking

Overview of groups

Building Self-Esteem

Do you struggle with confidence or negative thoughts about yourself? Learn how low self-esteem develops and ways to build confidence.

In this group you will:

- Recognise unhelpful thinking
- Challenge negative beliefs
- Identify personal strengths
- Build confidence and self-compassion

Helpful for:

Low confidence & negative self-beliefs

Managing Worry

Do you find yourself worrying about many different things? Learn practical strategies to manage worry and feel more in control.

In this group you will:

- Understand why worry happens
- Learn techniques to manage worrying thoughts
- Practice problem solving
- Use relaxation strategies

Helpful for:

Excessive worry & anxiety

Overview of groups

Mindfulness for Low Mood

Would you like to learn mindfulness skills to help manage low mood? This group teaches mindfulness and practical skills to help you respond differently to difficult thoughts and emotions.

In this group you will:

- Practice mindfulness meditation
- Increase awareness of thoughts and feelings
- Respond differently to low mood
- Practice skills between sessions

Helpful for:

Depression & emotional wellbeing

Raising Happy Babies

Are you a first-time mum adjusting to life with a new baby? This group supports mothers with babies aged 0–6 months during the early stages of parenting.

In this group you will:

- Understand your baby's emotional development
- Strengthen bonding with your baby
- Support your own emotional wellbeing
- Adjust to family changes

Helpful for:

First-time mothers & babies 0–6 months

Overview of groups

Understanding Relationships

Do your relationships affect your emotional wellbeing?
Explore relationship patterns and learn new ways of connecting with others.

In this group you will:

- Understand emotions and relationships
- Explore patterns in relationships
- Improve communication
- Reflect on how you relate to others

Helpful for:

Relationship difficulties

THRIVE – Living with Long-Term Conditions

Are you living with a long-term health condition and finding it emotionally challenging? Learn ways to live a meaningful life while managing ongoing health conditions.

In this group you will:

- Explore the emotional impact of health conditions
- Learn ways to cope with uncertainty
- Identify what gives your life meaning
- Develop strategies for living well

Also available in Sylheti (see below for translation).

Overview of groups

দীর্ঘমেয়াদী অসুখ নিয়া জীবন যাপন

আপনে কি কোনো দীর্ঘমেয়াদী শারীরিক অসুখ নিয়া জীবন যাপন করতাহেন আর মানসিকভাবে কষ্ট পাইতাহেন? শিখেন কেমনে চলমান অসুখ সামলাইয়া একটা অর্থপূর্ণ জীবন যাপন করা যায়।

এই গ্রুপে আপনে:

- অসুখের মানসিক প্রভাব সম্পর্কে জানমু
- অনিশ্চয়তা সামলানোর উপায় শিখমু
- আপনার জীবনে কী জিনিস অর্থ দেয় তা চিনমু
- ভালোভাবে জীবন যাপনের কৌশল গড়মু

Lifting Mood

Struggling with low mood or lack of motivation? Learn practical steps to improve mood and rebuild daily routines.

In this group you will:

- Increase motivation
- Reintroduce enjoyable activities
- Challenge negative thinking
- Develop problem-solving skills

Also available in Sylheti (see below for translation).

Overview of groups

মুড ভালো করা (মন ভালো তোলা)

আপনে কি মন খারাপ বা কোনো কাজ করার আগ্রহ কম থাকার কারণে কষ্ট পাইতাছেন? শিখেন কেমনে সহজ উপায়ে মুড ভালো করা যায় আর দৈনন্দিন রুটিন আবার গড়া যায়।

এই গ্রুপে আপনে:

- আগ্রহ (মোটিভেশন) বাড়াইতে পারমু
- আনন্দদায়ক কাজ আবার শুরু করতে শিখমু
- নেতিবাচক চিন্তা চ্যালেঞ্জ করতে শিখমু
- সমস্যা সমাধানের দক্ষতা গড়মু

যাদের জন্য উপকারী: মন খারাপ & হালকা বিষণ্ণতা



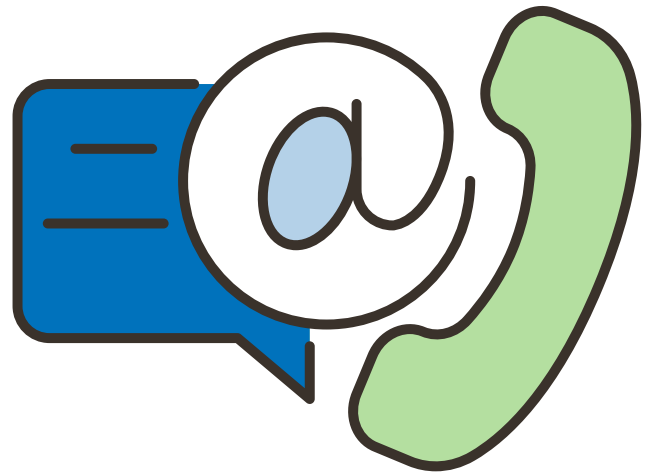
Still curious about groups?



Watch this helpful video we've created to learn more about our therapy groups and how they can support you.

In the video, you'll find an overview of what to expect, the different groups available, and how they can help with things like low mood, anxiety, and managing long-term conditions. It's a great way to get a feel for how the groups work and whether they might be right for you.

If you still have any questions after watching, or would like more information, please don't hesitate to get in touch with us.



How to get in touch with us

Please use the contact details below to get in touch with our service to refer:

- Phone number: 0208 175 1770
- Email: elft.thtalkingtherapies@nhs.net

For those of you in need of immediate medical attention, call 111, 999 or go to the nearest A&E.

Helplines

Samaritans – Free phone: 116 123

(24 hour crisis line for people contemplating harming themselves)

MIND Safe Connections Community Hub – 0300 561 0115 or if you don't feel like speaking, you can email

safeconnections@mithn.org.uk

9.30am – 4.30pm, Monday – Friday, (Supporting people experiencing suicidal thoughts to access the right service at the right time)

Saneline – 0300 304 7000

6pm – 11pm every day, (Practical information, crisis care, and emotional support)

No Panic – 0844 967 4848

10am – 10pm every day, (For people experiencing panic or anxiety problems)

Hestia– 0808 196 1482

The line is available 24 hours a day, seven days a week

(If you are experiencing domestic or sexual violence, call for free and confidential support)

Aanchal – 0845 451 2547

(24 hour crisis line for Asian women experiencing domestic abuse; able to support in languages

including English, Bengali, Hindi, Punjabi, Urdu, Gujarati, Tamil, and Eastern European languages)

NHS and other services

If you need to you can contact your GP on the usual number during surgery hours. Outside of surgery hours, you can call NHS Direct 111, and the team will direct you to the most appropriate