

Psychological Therapy Factsheet 17



This factsheet is about **Psychodynamic Group Psychotherapy**.

Psychodynamic group psychotherapy is a **psychological therapy**.



Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.



What is psychodynamic group psychotherapy

Psychodynamic group psychotherapy is psychotherapy that happens in a group.

The therapist helps the group to talk to each other and share their feelings.



Psychodynamic group psychotherapy is about the person - how they talk to and relate to the other people in the group and to the therapist.



This kind of therapy is good for people who want to talk about things that have happened in the past and share this in a group.



How psychodynamic group psychotherapy helps you

Psychodynamic group psychotherapy helps you to communicate how you feel about experiences in your past.

It helps you to share your thoughts and feelings without working through a set list.

It helps you to become more aware of yourself and how you behave.

What happens in a PDGP session

A session will last for about 90 minutes. You will have one session a week but this might change.

Your sessions might keep going for up to two years.

The sessions happen in an **open group**. This means people might leave and join the group at different times.



You will need to go to every session.

You might have to answer some questions so we can see how the therapy is going.



You can find out more about **Psychodynamic Group Therapy** on this website

www.ukcp.org.uk