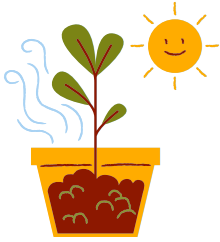




IPMDA Group Therapy

WHY GROUP THERAPY?



RESEARCH SHOWS EFFECTIVE CHANGE

Research has found group therapy to be a powerful medium to **effect change** and **facilitate learning**. It may seem intimidating to participate in group therapy and you are not alone in feeling that way.



CREATING A SAFE SPACE

Led by trained group facilitators, participants will work together to create a safe space in which each member can **share authentically** and **draw support** for the challenges faced.



REDUCE ISOLATION

Participating in group therapy can help **reduce one's sense of isolation**, as members experience and practice **connecting with others** and motivate each other along their journeys to recovery.

TEEN GROUP THERAPY



- The programme provides teenagers with skills to overcome the struggles they face, hence teaching them to take charge of their life.
- The programme consists of 3 segments of 6 weekly group sessions. Each sessions lasts for 2 hours.

- Learn healthier ways of coping with intense negative emotions
- Reduce impulsivity

INTERPERSONAL EFFECTIVENESS

EMOTION REGULATION

DISTRESS TOLERANCE

- Learn communication and assertive skills
- Learn to keep and maintain healthy relationships

- Managing and understanding emotions
- Reduce emotional vulnerability

*Each segment will also teach mindfulness skills

PARENT SUPPORT GROUP



- The programme provides parents with support and strategies on how to support their teenage children in their recovery from depression.
- The programme consists of 4 weekly sessions. Each session is 2 hours and held on zoom.

CONTENTS COVERED

- Understanding and managing their teenager's depression and self-harming behaviours
- Parenting styles and common parenting traps
- Communicating and connecting with their teenager
- Common thinking errors
- Managing caregiver burnout

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National University Polyclinics
Jurong Medical Centre
National University Cancer Institute, Singapore
National University Heart Centre, Singapore
National University Centre for Oral Health, Singapore
NUHS Diagnostics
NUHS Pharmacy



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