

Interactive Therapy Group

In group therapy, we learn that we are not alone in our pain, and that connection holds the key to healing.



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Co-led by



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Benefits of Interactive Therapy Group

This group will provide a safe space for you to explore the root causes of your painful, confusing or frustrating relational experiences. We will explore topics like your interpersonal relationships, family dynamics, scapegoating experiences, societal pressures, and personal insecurities.

Interactive group therapy offers a dynamic and transformative platform for personal growth. You can gain valuable insights into your interpersonal styles and communication patterns.

The Here and Now Group Process

The leaders will facilitate the group's attention to feeling and the communication of feeling toward other members. The goal is to learn to communicate from a place of authentic feeling in the here and now.

Group Members work in dyads within the group to build new awareness around fears and interpersonal patterns of relation, which creates opportunities to experiment with new behaviors.

Each person works at their own pace to establish boundaries while deepening awareness around their "growing edge" –be it challenges or difficulties in communicating or connecting with others

Various activities, techniques and experiments help Group Members to engage and interact with each other.

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Recommendations

To get the most out of the group experience it is recommended that Group Members:

Bring up a response or reaction to someone in the group or to something that someone has said.

Talk about what you are experiencing in the moment.

Ask for feedback from other Group Members.

Explore your connection with the group itself as an entity.

Use the group to explore family of origin relationships and explore how feelings based on these relationships emerge in relation to Group Members.

Take opportunities to experiment with new behaviors.

Prompt arrival

Attend group regularly and try not to miss sessions if possible.

Working on “Outside Issues”

You may talk about areas of your life which occur outside of group, your past or a topic. It is important to bring up outside issues if:

The outside issue is related to something in the group.

You have strong feelings about the issue.

The issue prevents you from being present in the group.

Sharing the issue with the group is an interpersonal challenge for you and/or what you are telling the group is something you may not easily talk to others about.

Sharing the issue helps people in the group to know you better at a deeper level. This is an important part of group work and is especially important to do if you are new in the group.

Telling the group about something happening in your life when you want something from the group in response such as to be heard, supported, etc.

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Key Questions to Ask Yourself in An Interactive Group

- How do others react to me?
- How close do I allow myself to get to others?
- How comfortable am I with myself in relation to others?
- What are my “blind spots?”
- How do I express my anger? My sadness? My tenderness?
- Do I authentically express what I feel?
- Am I able to express my boundaries? Where do I set them?
- Am I able to say “No” or “Yes?”
- What old patterns and habits disconnect me from others?

Embrace/avoid

Embrace:

- Noticing your bodily sensations
- Noticing your thoughts, images, memories
 - Expressing aloud all of the above
 - Noticing your impulses
 - Expressing them verbally
- Providing honest feedback even if unpleasant
 - Making statements
- Speaking “to” someone, not about” someone

Avoid:

- Giving advice
- Deflecting through humor
- Asking questions that disguise statements
 - Missing sessions and coming late
- Giving premature comfort in the middle of work
- Talking about group to other group members outside of group

For clients In New York, New Jersey, Vermont

12 - week group therapy Online format Thursdays 7:30 PM - 8:45 PM

Ages 24 - 35

6 participants

\$70/session + \$125 Intake fee