

Why would you want to be a part of Group Therapy?

You may be questioning why you might even consider talking about what happened to you in a group setting. Clergy abuse impacts us physically, psychologically and spiritually. Power has been misused. Great damage has been done. Silence has been part of the problem and has perpetuated the abuse. The group experience is an opportunity to be heard, to have a voice and to become empowered while validating the truth that no matter what has happened to you, *you matter*. You are of great value.

We're here to answer any questions or concerns you may have. We invite you to consider these ways that group therapy can benefit you.

1. It is our (Kathy and JoAnne's) first job to ensure an **environment of safety and respect**. We are experienced in developing such an environment.
2. Group membership reduces feelings of isolation and shame. Though trauma has the effect of disconnecting us from those around us, the group helps us to connect. **You are not alone any more.**
3. What you may reject in yourself, you may find compassion for in others. The trauma that you may avoid as ugly, damaged or stained in yourself, can be something that you can empathize with as someone else tells their trauma experience. This can be a powerful occasion of **awareness and plant the seed of self-acceptance** that the group can nurture.
4. You can **witness** other people's moments of growth, thereby giving you **hope, encouragement and inspiration**.
5. Groups provide us with the opportunity to practice telling our story (or bits of it), and realize we are **safe here, supported here, and not judged here**.
6. Groups help us arrive at a heightened degree of self-understanding as we allow **the light of God to illuminate our path together**.
7. Groups are **a place to learn** and test coping skills, triggers and boundaries, assertiveness, and healthier relationships.