

Consulting Psychotherapy

Tailored, Solutions-Focussed Therapy for Individuals, Couples and Businesses

Group Therapy - Support Groups

At the Red Chair Therapy, we focus on individuals who have remained at work despite their day to day challenges. The Red Chair Therapy sees the importance of support during the working week. The support groups we offer are weekly and ongoing for those who have alcohol or drug addiction and those with anxiety and depression.

Support groups bring together people facing similar issues, whether that's illness, relationship problems or major life changes. Members of support groups often share experiences and advice. It can be helpful just getting to talk with other people who are in the same situation.

Benefits of support groups

In a support group, you'll find people with problems similar to yours. Members of a support group usually share their personal experiences and offer one another emotional comfort and moral support. They may also offer practical advice and tips to help you cope with your situation.

Benefits of participating in support groups may include:

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improving your coping skills and sense of adjustment
- Talking openly and honestly about your feelings
- Reducing distress, depression, anxiety or fatigue
- Developing a clearer understanding of what to expect with your situation
- Getting practical advice or information about treatment options
- Comparing notes about resources, such as doctors and alternative options

But remember that support groups aren't a substitute for regular medical care. Let your doctor know that you're participating in a support group. If you don't think a support group is appropriate for you, but you need help coping with your condition or situation, please contact us for individual therapy.

At The Red Chair Therapy, we understand that there are certain times during the working week that are more challenging, for example, Thursday and Friday nights for our addicted population. It is difficult not to join colleagues at the end of the week in the pub as is traditional. With this in mind, we hold Support Groups on a Thursday Lunchtime for one hour and Friday evening for 1.5 hours.

If you are keen to learn more, please send an expression of interest below and a therapist will contact you to answer any questions you may have. Groups will run where we have a minimum of 5 participants.

Costs

We try to keep the costs as reasonable as possible, every week attendance can become expensive. With that in mind, fees are \$20 per head per visit for the lunchtime support group. Tea and Coffee will be supplied and we encourage you to bring your own lunch.

For the Friday evening group, our fees are also \$20 per head per visit. This may seem a great expense, but if you think about it, how much would you spend on a night out?

Our rooms are in Walker Street, North Sydney.