

Benefits of Group Therapy

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1. Opportunities which are new (not previously experienced)
2. Expectation of honesty, openness
3. Place to express thoughts and feelings
4. Group of peers wanting to eliminate violence
5. Place to learn new rules about having relationships
6. New skills encouraged
7. Numerous sources of feedback
8. Become mentors (most men do not have nurturing experience which allows empathy to develop)
9. Develop empathy
10. Identify with other men
11. Spread out emotional dependence (decrease dependence on partner)
12. Reinforces his competence emotionally
13. Provides supportive interactions
14. Place to practice new behaviors, verbal skills, etc.
15. Provides environment where it is acceptable to break taboos and challenge beliefs associated with traditional gender roles and masculinity
16. Acceptable for men to admit that their abusive behavior does not work
17. Confrontation by peers - once group is cohesive, confrontations by other members is indispensable in producing change
18. Confronts self-centeredness - men have to share time - become aware of other's needs