

When discussing the 12 therapeutic factors the one that sticks out to me most is Altruism. "Altruism: The very nature of the therapy, in which group members help each other (while getting help) is reciprocal (Altruism, 2019)." This factor seems to be key for a successful group. Once group members become aware and understand this factor then it will become very therapeutic and rewarding to each of them to help others who are suffering with similar issues to themselves. It seems to be easier to recognize when someone else needs help than to recognize when we ourselves need help. While in group therapy a person can focus on helping other members and in doing so may recognize things that may also help them that they did not recognize before. For instance, people who are seeking help for addiction feel guilty for all the bad decisions they made while in the midst of their addiction. Some of that guilt can be somewhat relieved by being able to help others in the group a believing that all they have been through, will lead to some good (Greene, 2019).

References

Altruism. (2019, March 17). Psychology

Today. <https://www.psychologytoday.com/us/basics/altruism>

Greene, L. R. (2019). Research in group psychotherapy for substance abuse: Fiction, fact, and future. *The Group Therapy of Substance Abuse*, 391-410. <https://doi.org/10.4324/9781439807125-22>