

GROUPANALYTIC PSYCHOTHERAPY IN ENGLISH



Group analysis is a form of group psychotherapy.

The energy and therapeutic power of group is very essential in the healing process.

The basic method in the therapeutic group is free, associative, confidential discussion. Also other methods may be used.

The group helps the members to deepen their understanding and find solutions in their problems and situations. The group makes the change happen and improves the quality of life.

You can participate the group, if you have problem with depression or anxiety and/or if you have traumatic experiences or difficult changes in life. Many people who suffer of tension or panic disorder have also clear benefit of group therapy.



The schedule of the sessions is once a week on Thursday between 15-16 o'clock. At holiday-season there will be a brake. There will be an interview before the group starts and there is a possibility for financial support from Kela, if you are permanently living in Finland.

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