

Client Type	What is this?	Treatments Offered	What is this?
Groups	Groups are one of the most powerful and cost effective ways to learn new skills and behaviours and change unhelpful ones.	Yalomian group	Therapy groups exist to help individuals grow emotionally and solve personal problems by drawing upon the vast knowledge and experience and the multiple relationships within the group. This can help group members develop particular skills by learning from others.
		Behavioural therapy	This therapy uses learning techniques to change unhelpful behaviour patterns by replacing them with new, more helpful ones.
		Cognitive therapy	This therapy works to replace unhelpful ways of thinking oneself and the world within a group setting.
		Cognitive Behavioural Therapy	This therapy works to replace unhelpful thoughts and behaviours with more helpful ones.
		Person Centred therapy	This therapy sees the therapist providing support to the group to direct their own treatment, based on the idea that the group understands themselves better than anyone else.
		Narrative & Post Modernist Therapy	The narrative therapist collaborates with the group members in constructing strong, positive stories of themselves and deconstructing negative self-stories. In narrative therapy, "The person is not the problem, the problem is the problem."
		Psychodynamic therapy	Psychodynamic therapy refers back to group members' past experience to understand why current events are problematic. It is based on the philosophy that if the group members can discover the life patterns that they live by, they can help themselves to influence or change these patterns.
		Social Learning theory	This approach believes that people learn new behavior through observing other people and things within their environment. If people observe that certain behaviours by others lead to positive, desired outcomes, then they are more likely to use those same behaviours themselves.
		Systems therapy	This therapy sees a group as greater than the sum of its parts (members). It sees groups as a set of interrelating, interacting hierarchies of sub-systems, some of which may be self-organising, with a tendency to greater order and complexity. Systemic interventions aim to support groups to achieve greater order and organization.