

GROUP VS 1:1 THERAPIES

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Builds confidence

Don't have to open up

Good for loneliness

Easier to move on

Sense of belonging

Don't have to talk

Good for anxiety and low mood

Meet others who feel similar to you

Can get tools and techniques to help cope

Builds resilience

1:1 Therapies

Allows you to actively discuss your thoughts and feelings

More tailored to your needs

You lead the sessions

Good for trauma, grief and illness

You set the pace

Can focus on whatever you want

Your therapist can get to know you



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