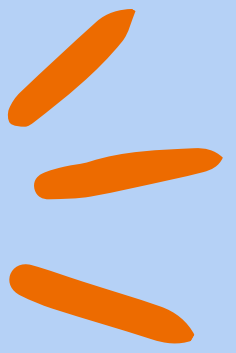




GROUP THERAPY IS A "TRIPLE E" TREATMENT



A summary of the research and state of the field found that group therapy is a "Triple E" treatment - Effective, Equivalent to individual therapy and Efficient.

EFFECTIVE

Group therapy is an effective treatment for a wide range of conditions, including but not limited to: depression, social anxiety and addictions.



EQUIVALENT

Group therapy shows equivalent outcomes to individual therapy for a wide range of conditions.



EFFICIENT

Group therapy increases access to therapy as it allows therapists to see more clients per week.



Learn about effective group treatments for common psychiatric illnesses at www.evidencebasedgrouptherapy.org



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