



Interactional Group Psychotherapy

„With a critical friend by your side, you will always make faster progress.“
Johann Wolfgang von Goethe

Why choose interactional group psychotherapy?

Human beings are social creatures. Therefore, our well-being is strongly connected to our relationships. On the one hand, psychological distress always impacts how we experience and shape our relationships. On the other hand, interpersonal problems prevent us from reaching our full potential.

What will I learn?

In interactional group psychotherapy based on Irvin Yalom's treatment approach, you will discover a great deal about how you communicate with others and how you behave towards them. The group is particularly well-suited to providing you with insight into your relationships.

A core method used is focusing on what occurs within the group—namely, the behaviors, thoughts, and feelings in the here and now. We work on improving our communication in the relationships between group members. The better the communication among the participants succeeds, the better your communication outside the group will become.

Who is group therapy suitable for?

In principle, this therapy group is suitable for anyone dissatisfied with how some of their important relationships unfold. The problems that have led patients to seek treatment can vary widely: depression, exhaustion (burnout), anxiety disorders, obsessive-compulsive disorders, traumatic experiences, eating disorders, or interactional difficulties (this list is not exhaustive). However, people in an acute suicidal crisis or an acute psychotic phase require a different type of support.

While this therapy focuses on addressing the interpersonal level, other aspects of individual issues should not be overlooked. For this reason, concurrent participation in individual psychotherapeutic treatment is a prerequisite for joining the group.

ORGANISATION:

Open group (continuous entry possible after an initial consultation); weekly 90-minute sessions. The costs are generally covered by health insurance, minus the deductible.

TIME:

Monday, 10:15 – 12:00 Uhr

LOCATION:

Zentrum für Psychosomatik
Selnastrasse 6
8001 Zürich

GROUP LEAD:

Sara Meier, Dr. med. &
Nuria Ristin, Eidg. anerkannte
Psychotherapeutin

FURTHER INFORMATION & REGISTRATION:

Sekretariat Zentrum für
Psychosomatik
+41 44 716 38 38
zentrum@sanatorium-
kilchberg.ch