

# Care for the Caregiver: Group Therapy



Contact Patricia with  
questions or to schedule  
an intake.



*Patricia*

Patricia is trained in EFT, Psychodrama, hypnosis and loves to work alongside her therapy dogs, Duke & Daisy, when clients need some extra comfort. Patricia has extensive training and experience in the areas of trauma, prevention and resilience-building. Patricia is known for her gentle approach, compassion, and empathy.

Contact Information:  
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# CARE FOR THE CAREGIVER: GROUP THERAPY

**In-Person, twice monthly.**

A caregiver steps into a complex role to care for the medical, physical and/or psychological well being of another, oftentimes without prior medical, emotional or spiritual training. A caregiver has their own worries, responsibilities and hopes, but where do they find support and understanding and how do they equip themselves with necessary tools for their own well being?

If any of this speaks to you as a caregiver, please join this therapeutic caregiver support group. The group will focus on two elements crucial to preventing caregiver burnout:  
Connection and Self Care.

This group is for individuals who have stepped into a primary or part-time caregiving role for a family member or friend. The group incorporates psychodrama, psycho-education, mindfulness, EFT, and other expressive and empowering therapeutic interventions to help support those in the caregiving role.

**Groups are led by Patricia Hannah, LCSW**

Each group session is \$90.

An intake session is required prior to starting group therapy.

Group sessions meet in-person at Psychodrama NJ in Oakhurst, NJ  
every other Wednesday, 6-8pm.

No Insurance accepted.

**Contact our office for more information: 732-686-9427**







# CARE FOR THE CAREGIVER

**In-Person, every other Wednesday evening.**

## **What to expect:**

Group Psychotherapy is a unique kind of therapy where a group of people who have overlapping life experiences, share and work through difficulties from their lives, in an atmosphere of mutual support and connection. In the process of giving and receiving help within the group, the experience of deep, personal healing occurs.

Group therapists at Psychodrama NJ have extensive training in group psychotherapy so this format of therapy can be both safe and effective. Caregivers benefit from Group Psychotherapy, as the need for connection and support from others is frequently in short supply but is abundantly available in a group context.

## **Details for consideration:**

- Groups require a minimum 8 session commitment. This helps build cohesion and consistency to nurture safety in the experience. Participants stay as long as is needed for goals to be met.
- **Typically groups are between 6-8 people and will never exceed 12 participants.**
- Every therapeutic experience at Psychodrama NJ is created to be safe and Trauma Informed.
- **Participants must identify as a caregiver. Caregivers in this group may include people of various genders, ages, and cultural backgrounds. The healing experience is enriched by the diversity.**
- We encourage collaboration with referring therapist. We hope that this group can be a supplement to individual therapy.
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