

Group Sessions

Group therapy lets you or your loved one connect with other people with a substance use disorder while sharing inspirational stories on overcoming addiction. Our moderated Group Sessions allow for peer-to-peer discussion of common obstacles affecting people in recovery.

Tweets by @onlinetreatmen2

Connect, Share, Inspire

- ▶ Connect with other people dealing with substance abuse disorders in our group therapy sessions while getting answers to pressing questions.
- ▶ Share stories of healing and recovery with fellow group members.
- ▶ Inspire others to lead a substance-free life in a supportive group setting moderated by a licensed professional counselor.

Make Personal Connections in a Group Setting

Our group therapy sessions let the recovering addict connect with other people experiencing similar problems and talk about what problems they're experiencing and how to overcome common obstacles. Connect with others on a peer-to-peer basis while sharing stories on how to overcome obstacles blocking the path to recovery. Our moderated Group Sessions let group members share their own stories of healing and recovery while inspiring others to continue on their personal journey of healing.

Benefits to Online Group Therapy

Face-to-face interaction with a large number of people can make newcomers feel a bit intimidated when meeting a group for the first time. Attending an online group therapy session lets you remain anonymous if you wish.

It's good to know you or your loved one are not alone, group therapy offers continued support while in recovery. OnlineTreatment.com virtual meetings encourages interaction with other people struggling to live a substance-free life. These interactive group therapy sessions can help reduce feelings of isolation and loneliness.

Here are a few more benefits to joining an online group therapy session:

- ▶ Sessions are moderated by a licensed professional therapist
- ▶ Ask questions and get help from the comfort of home
- ▶ Join a group session from any place with an internet connection
- ▶ There is no need to schedule time off from work
- ▶ Attend group therapy even if the weather's not cooperating

Attend a Group Session Today!

OnlineTreatment.com subscribers can attend as many Group Sessions per week as they want. The sessions are organized by a moderator, to keep the discussion on topic, but the sessions encourage interaction between all members of the group.

Subscribe to the OnlineTreatment.com plan and get one year of access to One On One individual therapy, Personal Coaching, Group Sessions, and Continuing Education materials.



"I'm not ashamed of who I am. Of course I am ashamed of the things that have happened. But with life experiences, you are able to give back and help others."

- Darryl Strawberry

