

## About the Facilitator

*Shawn Goldberg has had extensive experience as a psychologist. He has worked in both community health and private practice over the past 12 years.*

*Shawn Goldberg has helped countless people overcome their emotional difficulties with sensitivity, compassion, and a passion for helping others.*



*"In my experience, IGT is a valuable and powerful way to achieve change and growth"*

*"In IGT you unlock your potential for great change by taking risks"*

For more information on  
Interpersonal Group Therapy

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## Interpersonal Group Therapy Information



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## What is Interpersonal Group Therapy (IGT)?

IGT is a form of therapy that helps us examine our relationships with others and the part we play in them. In IGT we learn to focus on the interpersonal dynamics between group members in an environment of mutual respect. IGT is cost effective and can be used in addition to individual therapy. The group has 6-10 participants who meet weekly with a trained therapist.

## Individual Therapy Vs Group Therapy

The effectiveness of group work has been repeatedly demonstrated through clinical experience and research. For many IGT can actually be more effective than individual therapy. However, the ideal is to be in both group and individual therapy. This is so the feedback from group can be processed in sessions with the individual therapist. In turn, growing self-awareness from individual work can allow you to be more real in group.

*In group therapy we learn that relationships are key.*

## Who does IGT benefit?

*Interpersonal Group Therapy (IGT) can benefit you if you are:*

- Feeling lonely and disconnected
- Feeling angry or frustrated with your relationships
- Having difficulty trusting others
- Relying on drugs or alcohol to socialise
- Anxious in social situations
- Overworked and finding it difficult dealing with stress
- Consistently noticing yourself in familiar unhelpful dynamics with family, friends or colleagues.

Very often, symptoms such as anxiety, unhappiness, low self-esteem, or a general sense of dissatisfaction with life can be a result of unhealthy relationships with others. IGT offers the opportunity to learn more about these interpersonal patterns.

## How does IGT work?

In IGT we talk openly and honestly about what we are thinking and feeling. All members are encouraged to give constructive feedback to each other. In return

we allow ourselves to receive feedback. This is often difficult to do in ordinary interactions with family and friends.

*In IGT we learn:*

- How to ask for feedback
- How to receive feedback
- How to think through the message in that feedback
- How to change our attitudes and behaviour in the light of that feedback

## How to get the most out of IGT

*Therapy groups can be very supportive, but they can also be very challenging.*

*Rewarding group participation requires:*

- A willingness to take risks and to experience uncomfortable emotions, at least long enough to think about them and try to understand where they come from.
- A curiosity about yourself and how you work as well as about others and how they work.
- Openness, respect and honesty.