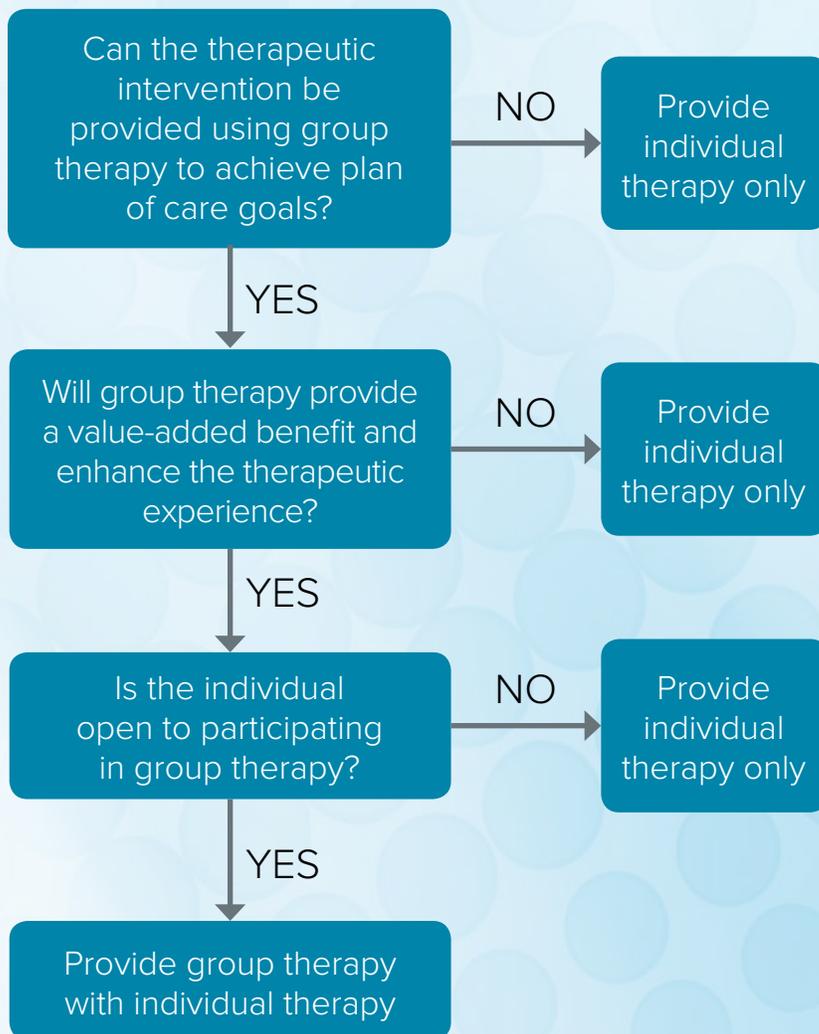


When is it appropriate to provide group therapy versus individual—one-on-one—therapy? This decision tree can help you determine the approach you should take, using the following assumptions:

- All patients receive individual services. For some, those services will be supplemented with group therapy based on the patient’s needs, desires, and goals.
- Interventions provided in group therapy will require the skills of a licensed provider, will be medically necessary, and will enhance the therapeutic experience.



Definitions:

Individual (One on One) Therapy: A session involving a therapist or therapist assistant providing an intervention to one patient.

Group Therapy: A session in which a qualified rehabilitation therapist or therapist assistant is treating 2 to 6 patients at the same time who are performing the same or similar activities. (Turn over for a comparison of benefits between individual and group therapy.)

Comparison of Benefits

Individual Therapy
<ul style="list-style-type: none"> • More easily maintains confidentiality • Allows the therapist a more thorough understanding of patient specific problems. • Enables a more intense and comprehensive level of treatment. • More easily allows for the pace of therapy to be adjusted—sped up when the patient can handle it or slowed down when the patient needs more time. • Fosters the strongest therapeutic alliance, or patient-therapist relationship. This alliance is a key component of a successful therapy intervention. • Better allows the patient to develop self-awareness by discussing issues and getting feedback from the therapist. • Better allows the therapist to determine the patient’s level of communication skills and more easily adapt to meet patient needs.
Group Therapy
<ul style="list-style-type: none"> • Creates a network that promotes growth and learning by enabling patients to receive and give support, and to share experiences different points of view. • Increases access to care by allowing for more patients to be seen during a given time. • Improves patients’ socialization skills. • Satisfies the need for individuals to identify with others who share similar experiences and see they are not alone. • Reduces social isolation and enhances coping mechanisms. • Takes the spotlight off an individual who is not comfortable being singled out. • Allows for modeling—a form of learning in which individuals learn by imitating the actions of others. • Is more cost-effective than one-on-one therapy. • Is supported by evidence to promote increased patient engagement and sustainable outcomes. • Enables the therapist to perform interventions in more complex or distractible environments that mimic real-world experiences. • Mirrors day-to-day life tasks that patients typically do with others. • May provide a healthy competitive environment that can enhance the patient’s engagement.