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.

### Comparison of Benefits

#### Individual Therapy
- 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
- 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.

### 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.)