

Group Therapy

How Shared Experience Helps Build Peer Accountability



What is Group Therapy?

Group therapy is a structured form of psychotherapy in which a trained clinician guides a small group of individuals through therapeutic sessions focused on shared challenges, honest reflection, and behavioral change. Participants gain insight from peers navigating similar struggles, develop honest communication skills, and practice the accountability that lasting recovery demands.

How It Works: The Group Therapy Process

- 1) Share Openly**
Members describe personal experiences in a structured, confidential setting.
- 2) Receive Peer Feedback**
The group reflects observations back, offering honest, direct responses.
- 3) Recognize Patterns**
Repeated behaviors and relational dynamics become visible to the group over time.
- 4) Practice Accountability**
Members are held to their commitments by peers who have witnessed their progress.
- 5) Build Sober Connection**
Participants form authentic, trust-based relationships that support recovery beyond sessions.

Goals of Group Therapy

- Develop insight through peer reflection and feedback
- Practice authentic communication in a structured setting
- Identify relational patterns that contribute to relapse
- Build accountability to a community of peers
- Strengthen capacity for trust and vulnerability

Therapeutic Benefits

- Reduced isolation through shared experiences
- Improved interpersonal skills and conflict resolution
- Stronger sense of accountability and community
- Greater self-awareness through honest peer feedback
- Development of sober relationships that support long-term recovery

Group Therapy is Highly Effective For Treating the Following Conditions:

- Substance Use Disorder
- Depression
- PTSD
- Personality Disorders
- Anxiety Disorders
- Social Anxiety Disorder

Group Therapy at Burning Tree Ranch

Many programs incorporate group therapy as a brief, rotating exercise. Participants cycle in and out of the group before genuine trust forms amongst peers, making it easy to say the right things without facing real accountability.

Our **long-term, progress-based model** places clients in a consistent group community for months at a time. Peers who have observed someone's patterns week after week cannot be charmed or redirected. Clients advance when their behavior in the group consistently reflects the change they claim to have made.



"Families often ask whether their loved one is actually changing or just saying what people want to hear. In a long-term group setting, the peers who have been watching week after week already know the answer."

 **Angie Buja, MA, LPC-S**
Family Program Director, Burning Tree Ranch



Group Therapy in a Dual-Diagnosis Treatment Setting

Group therapy has been shown to be effective when integrated with individual therapy and evidence-based modalities in a dual-diagnosis treatment approach. For chronic relapsers with co-occurring conditions, the group format provides a structured environment to practice the relational and emotional skills they're actively developing.

At Burning Tree Ranch, we integrate group therapy with individual therapy, CBT, DBT, and trauma-focused modalities to create an individualized dual-diagnosis treatment plan. The result is a treatment structure where acquired behavioral skills and insights can be tested in a community, building a foundation for lasting sobriety.

Dual Diagnosis Defined:

The presence of **both a substance use disorder and a mental health condition** occurring together. Effective treatment for dual-diagnosis addictions must address both aspects simultaneously.



Have Other Treatment Programs Missed the Deeper Issues?

Burning Tree Ranch is the Nation's only authentic long-term treatment program for chronic relapse. Call us at (866) 287-2877 or visit us online at www.BurningTree.com.

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