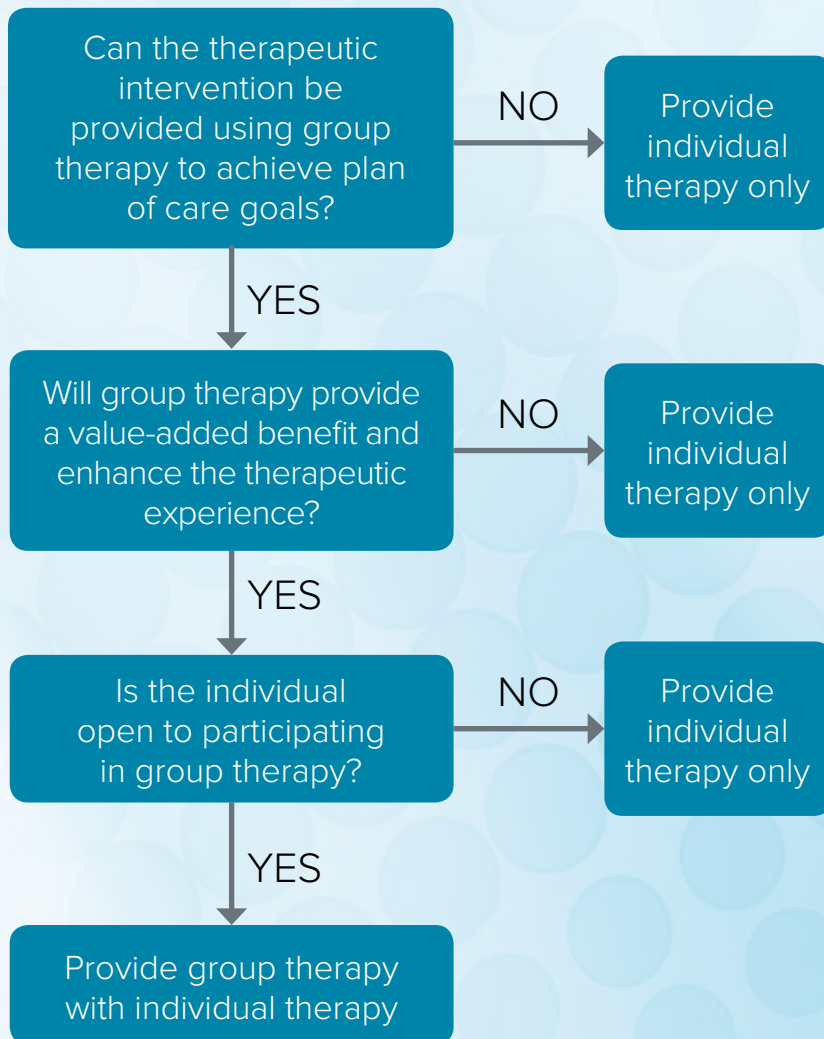


When is it appropriate to provide group therapy versus individual—one-on-one—therapy? This decision tree can help you determine the approach you should take, using the following assumptions:

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