

Segar House – Approach to Therapy

Our approach to therapy is holistic as we believe that people's physical, emotional, psychological, social, cultural, and spiritual needs must be attended to. An integrated program of therapies is offered including medication where necessary.

We highly value each person's dignity, humanity and capacity for self responsibility and affirm their uniqueness, resources, and coping mechanisms. We place a primary emphasis on issues of safety, both physical and emotional, as we believe that people can only heal past hurts and develop healthy functioning in a safe environment.

We see therapy as a co-operative venture between client and therapist, not something that is "done" to a person and so client choice is pre-eminent.

Lastly, our therapy consists of more than just dealing with problems. It also involves awakening the positive qualities and potential each person has hidden within, helping them to discover a joy and enthusiasm for living.

Group therapy, the main approach used, can help by bringing people out of isolation and also by providing much needed support for doing the therapy work. It is a very powerful modality and unlike individual therapy the way people relate to others can be observed and worked with directly. In group therapy there are a number of healing factors:

- a sense of belonging (reducing isolation)
- the realisation that others have similar difficulties (universality)
- a sense that others can know our experiences (empathy)
- seeing ourselves as others see us (feedback)
- giving and receiving information and advice (knowledge)
- the opportunity to express feelings/learn to express feelings
- a sense of "family" that is warm, trustworthy and supportive (and learning about the family we grew up in)
- an opportunity to help others and thereby raise self esteem
- inspiration and role models
- insight and self understanding
- the opportunity to try out new ways of relating to people
- patterns of dysfunctional interpersonal behaviour often repeat in the group and can be worked with in a way that is not possible in individual therapy