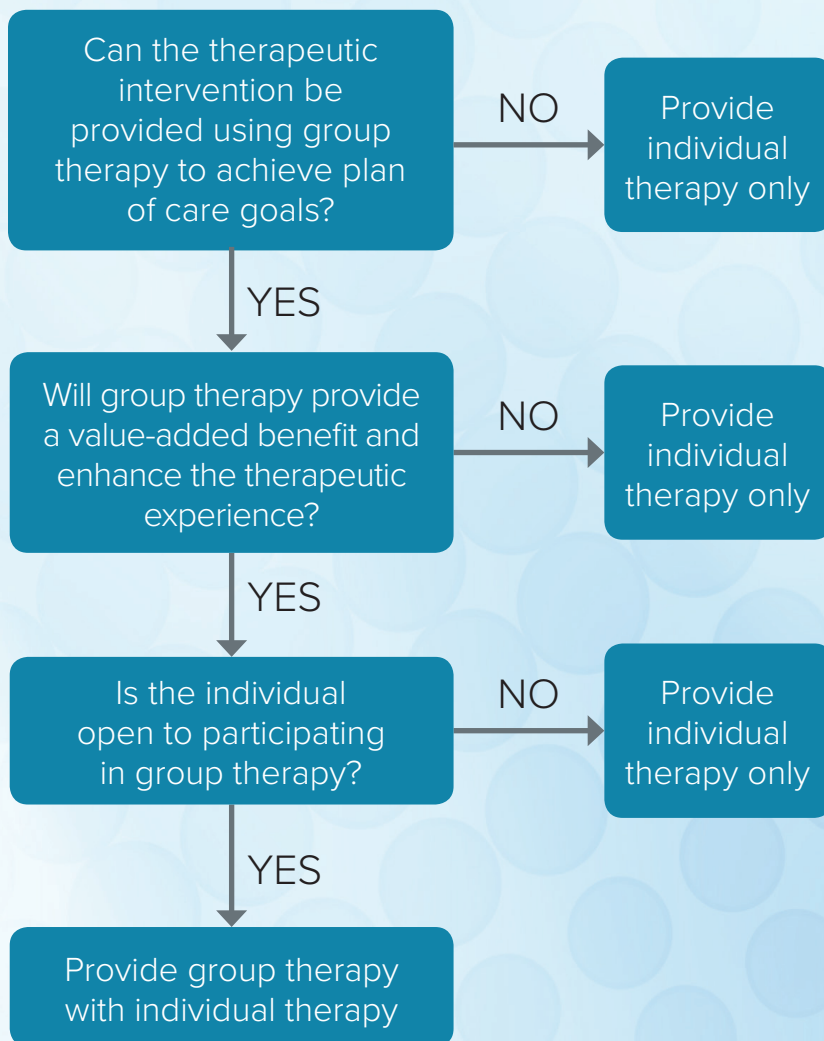


Group vs Individual Care

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.

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 from 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.