

Participating in group therapy may seem intimidating, but you are not alone in feeling that way.

Under the guidance of trained group facilitators, your group will build a **safe space** for you to draw support from your group members and learn from their challenges.



IPMDA

Integrated Programme for Management of Depression in Adolescents

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IPMDA Group Therapy Services

Department of Psychological Medicine

Parent Support Group

The programme provides parents with strategies to support their teenage children in their recovery from depression.

The programme consists of four weekly group sessions, with each session being 2 hours.

SKILLS TAUGHT:

- Understanding and managing your teen's depression and self-harming behaviours.
- Parenting Styles and Common Parenting Traps
- Effective communication with teenagers.
- Managing caregiver burnout.



FAQ: Why choose group therapy?

Participating in group therapy can help to reduce feelings of isolation and allow members to re-connect with others. Group members will also be able to motivate one another by sharing about their progress and struggles.



Teen Skills Group

Consists of 3 Levels: Beginner, Intermediate & Advanced. 6 weekly sessions of 2 hours each, per level. Completion of modules in each level is required for progression.

SKILLS TAUGHT:

BEGINNER

- Psychoeducation on depression
- Chain analysis
- Mindfulness
- Understanding emotions
- Managing negative automatic thoughts
- Validation and invalidation
- Wise mind

INTERMEDIATE

- Dialectical Thinking
- Distress Tolerance
- Interpersonal Effectiveness
- Communication Skills
- Emotional Regulation

ADVANCED

- Distress Tolerance
- Radical Acceptance
- Core Beliefs

