



Deirdre  
O'Donoghue

Group Analytic  
Psychotherapy

[www.whatsthatabout.ie](http://www.whatsthatabout.ie)

## What is Group Analytic Psychotherapy?

Group Analytic Psychotherapy is a branch of psychotherapy. It involves a group of people (who are not known to each other) meeting once a week, with a group therapist.

We begin to understand how events and experiences in our past affect our relationships in the present. We learn more about who we are, why we react the way we do, how we can better cope with the challenges we all face in everyday life.

As thoughts and ideas are shared, the group begins to build trust among the members, providing a place where fears, anxieties and hopes can be thought about, and perhaps understood in a different way.

Everything that is said within the group is confidential to the group. Group Therapists are, however, bound by our professional obligations to protect the rights of children, minors, ourselves and others.

## What kind of person comes to Group Therapy?

The kind of issues that bring people to group therapy include:

- Anxiety
- Relationship issues
- Stress
- Depression
- Low mood
- Loneliness
- Loss
- Life transitions

These are only some of the reasons people join a group, you may have another reason. Everyone in the group has a wish to change something in their life.

There are different routes into the group: through contacting me directly after reading this leaflet, recommended by a GP, or some other contact.

Here's an example of a weekly therapy group:  
[www.igas.ie/what-is-group-analytic-psychotherapy](http://www.igas.ie/what-is-group-analytic-psychotherapy)

## What would I have to do?

The first step is to contact me to set up an initial meeting.

Before joining the group, we'll meet for a number of individual sessions with me. This provides space to ask questions, and to consider if group would be helpful for you.

If we both feel that group therapy would be useful for you, you'll be invited to join the group.

The group sessions are 90 minutes, and members are asked to commit to attend all sessions, and on time.

During the sessions, each member is encouraged to talk openly and honestly, to speak about what's on their mind, and to respond to the contributions of other group members. This is called 'free association'.

Email: [deirdre@whatsthatabout.ie](mailto:deirdre@whatsthatabout.ie)  
Phone: 087 436 1868

## Where

2<sup>nd</sup> Floor, 71 Dame Street, Dublin 2

## When

6:30pm to 8pm, Thursdays

## How long would I attend?

Therapeutic work takes time, it's not a quick fix solution. Think of it as an investment in you, time to explore what it means to be you.

## Cost

€40 per group session  
payable monthly in advance

€55 per individual session  
Prior to joining the group

(a lower fee can be agreed if you are  
unwaged or on reduced means)

## Contact

If you're interested, please call me on 087 436 1868, or email me at [deirdre@whatsthatabout.ie](mailto:deirdre@whatsthatabout.ie), to arrange an appointment

## About me

My name is Deirdre O'Donoghue, and I'm a group therapist, currently studying for a Master's Degree in Group Analytic Psychotherapy.

I have worked with groups for over 30 years as a facilitator and trainer. My interest in finding out more about how groups work led me to study Group Analysis.

I am a student member of IGAS (Irish Group Analytic Society), which is the professional body for Group Analysts, and a member organisation of ICP (Irish Council of Psychotherapy)

I have professional indemnity insurance.

Over the course of my training, I will be under the supervision of The School of Psychotherapy in St. Vincent's University Hospital, Dublin.

Please feel free to contact me, here's my details:  
Phone: 087 436 1868  
Email: [deirdre@whatsthatabout.ie](mailto:deirdre@whatsthatabout.ie)  
Website is [www.whatsthatabout.ie](http://www.whatsthatabout.ie)

