



WHAT TO KNOW ABOUT

Interpersonal process groups

An interpersonal process group is a here-and-now group therapy approach based on the work of Irvin Yalom. Rather than focus on a diagnosis or skill, the group attends to what's happening between members in the room right now: how you react to each other, and the patterns in how you relate.

WHO IT'S FOR, AND WHO IT'S NOT

- A fit if you're curious about your patterns, want more than symptom relief, and can sit with uncertainty.
- Not for acute crisis, concrete tools, or if you're not ready for peer feedback.
If you're in crisis, call or text 988.
- Very high social anxiety may call for some individual work first.

What it's used for

Depression, anxiety, social anxiety, and loneliness.

Relationship difficulties, and trouble with intimacy or trust.

Not diagnosis-specific. Your presenting problem doesn't need to be named or shared.

WHAT TO EXPECT

- 1 Sessions usually run 75 to 90 minutes, with no structured agenda.
- 2 Silence is normal. So is conflict. Members give each other honest feedback.
- 3 Progress feels like a gradual shift in how you relate, not a skill you can point to.

Yalom's therapeutic factors, the mechanisms by which group therapy works, have been studied extensively.

- Research consistently identifies **group cohesion** as the central factor: when members feel safe and connected, change becomes possible.¹
- A 2021 review found group formats show consistent efficacy, with process approaches especially strong for relational concerns.²

MAKING THE MOST OF IT

Bring what happens here. Your reactions in the room are the work.

Discomfort is the point. Notice the urge to withdraw and name it.

Give it several sessions. Trust in the group builds slowly.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1 What is the leader's training in group process?
- 2 Is the group ongoing, or closed for a set period?
- 3 What's the commitment, and how does joining work?
- 4 What does it cost? Is there a sliding scale option?

Ready to find a group?

Browse 2,000+ therapy and support groups in all 50 states.

Free to browse · No account needed · thegroupguide.com



If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact. Sources on page 2.



Sources

Interpersonal process groups · references keyed to the numbers on page 1.

- 1 Yalom, I. D., & Leszcz, M. The Theory and Practice of Group Psychotherapy (5th ed.), Basic Books (2005).
- 2 Burlingame, G. M., Strauss, B., & Joyce, A. S. Recent developments in group psychotherapy research. American Journal of Psychotherapy (2021).

If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact.