



Enriching Lives

## A.C.T. NEWSLETTER

July 1, 2009

**Support Groups: Description and Benefits**—Support Groups allow members to assist themselves without dependence on others. To further elaborate, a therapy support group is a process where individuals who share a common condition or interest assist themselves with the help of a trained professional. There are many support groups in the United States. Support groups assist individuals in dealing with their isolation, powerlessness and alienation.

### Benefits of General Support Groups

- **Peer Support.** Support group members are empathetic and compassionate toward members given that they share a similar experience. Congregating together allows the group members to feel better because they realize that they are not alone, which provides them with a sense of universality.
- **Coping Strategies.** Support group members share valuable information and insights developed as a result of their own personal experiences to assist one another to deal with the challenges that they face.
- **Role Models.** Support group members function as positive role models to one another; modeling a proactive approach that empowers members.
- **Affordability.** Support groups are inexpensive and very affordable, which positions it as an attractive alternative to a high-cost and frequently time-limited professional service.
- **Education.** Support groups serve as an enriching forum that allows members to exchange information about members' joint concerns and to learn about other valuable resources available in the community.
- **Advocacy.** Through the process of support groups, members can advocate for each other and access resources that were previously unavailable.
- **Non-Stigmatizing.** Support groups avoid the stigma and negative connotations that are associated with seeking traditional, professional support.
- **Helper's Principle.** Proponents of support groups perceive that being placed in a role of a helper increases the helper's self-worth and self-esteem. Being provided with the opportunity to assist another sentient human being allows one to feel they are worthwhile and making a contribution which brings meaning to people's lives.

A.C.T. is currently providing a **Women's Support Group** to assist in addressing the unique issues that are relevant to women. For more information, please contact **Dr. Drecun** at [Dr.Drecun@a4ct.com](mailto:Dr.Drecun@a4ct.com) or (858) 792-3541. You may visit us at our website at [www.a4ct.com](http://www.a4ct.com).

ASSOCIATION FOR COMPASSIONATE TRANSFORMATION

12526 High Bluff Drive, Suite 300 / San Diego, CA 92130  
Phone: 858 792 3541 / Fax: 858 792 3542 / [www.a4ct.com](http://www.a4ct.com)