

Its good to talk...Together!

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A Group is.....

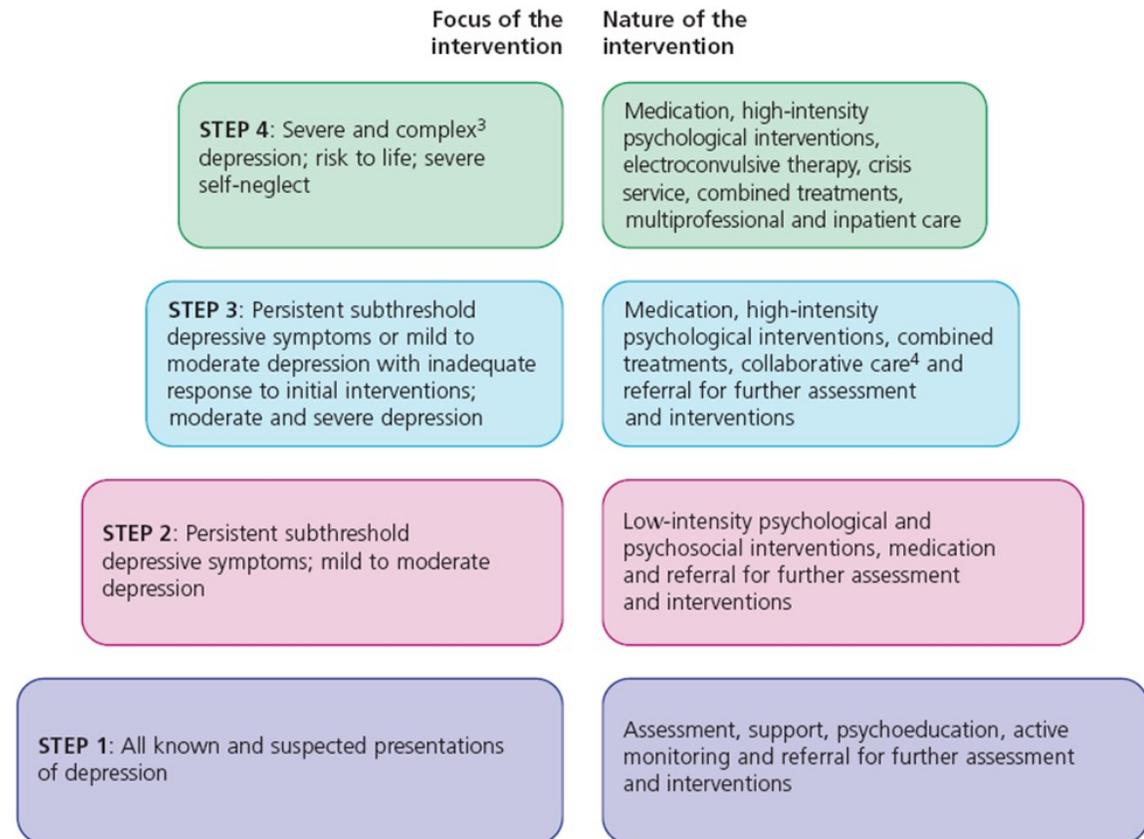
“a collection of individuals who have a relationship to one another, are interdependent, and may have common norms”.

Stuart and Sundeen (1995)

‘IN GROUP THERAPY...THE CLIENT CAN BE THE THERAPIST AS WELL AS THE GROUP ITSELF’ (TURNER AND WREN 2018)

Extent of the problem

Management of depression
The stepped care model
NICE CG 90, Quick Reference
Guide Oct 2009



Extent of the problem

WHO (2021) note that 248 million people are affected globally with some form of depression

The highest contributor to the overall global burden of disease.

Mental health problems represent the largest single cause of disability in the UK. The cost to the economy is estimated at £105 billion a year – roughly the cost of the entire NHS (NHS 2016)

Depression is one of the most common mental health problems in the UK affecting one in ten people in any one year (NHS, 2014).

Economic cost of depression was £11billion in 2011 (Harker 2011)

Depression is ranked by WHO as the single largest contributor to global disability (7.5% of all years lived with disability in 2015); anxiety disorders are ranked 6th (3.4%) (WHO 2017).

Depression is also the major contributor to suicide deaths, which number close to 800 000 per year (WHO 2017).

Usefulness of a group

Groups are human nature... 'It is of the greatest importance to realize that in this form of treatment the group itself is the active agency for change' (Foulkes 1991 p107).

Groups are invaluable to health. Advantages of Groupwork - Yalom (1995): Installation of hope, Universality, Imparting information, Altruism, The corrective recapitulation of the primary family group

Social prescribing (<https://www.england.nhs.uk/personalisedcare/social-prescribing/green-social-prescribing/>)

Multiple self help groups in the UK for multiple problems

Davidson et al., (2012), several studies have indicated that social ties influence the maintenance of health, functioning as a protective factor in stressful situations, and may reduce its impact on psychological well-being.

Dennis and Dowswell (2013), it was found that social support enabled individuals to deal with stressful events and conditions, functioning as a protective agent against common mental disorders such as depression and anxiety.

Lloyd-Evans et al., (2014) defined a social network as a system composed of several individuals, functions, and situations, which offer instrumental and emotional support to a person, for their different needs.

Peer Support

Peer workers are individuals with personal experiences in mental health illnesses who assist others currently suffering from the same mental health illnesses (Heaney & Israel, 2008).

Peer support refers to a mutual exchange of practical and emotional support between people who relate as peers due to similar or shared mental distress experiences (Mahlke et al., 2017).

Peer support is a comprehensive recovery plan that emphasises person-centred patient outcomes, such as empowerment and social inclusion, instead of traditional clinical results (Usta, 2012).

Peers support others through positive self-disclosure, emotional and practical support, empowerment, expanding social networks, and promoting hope (Landers & Zhou, 2014).

Peer support can improve social support, social function, quality of life, service satisfaction, and self-efficacy of patients (Williford et al., 2012).

Peer education can be helpful to improve compliance (Van Mol et al. 2015).

Peer support can help patients establish new social relationships, not as patient and healer, but friends who are equal and help each other (Lloyd-Evans et al., 2014).

Dukhovny et al., (2013) showed that the recurrence rate of depression for outpatients who received peer support services was reduced by 50%,

Usefulness of a conductor

The 'conductors' role is not that of a leader. The conductor has responsibilities and functions but these are very different to other forms of group facilitation. Foulkes (1991) focused on the administration of the group, ensuring that the boundaries for the group were secure.

Peer talk and group leadership/conduction:

- Training programme for conductors in place
- Manages texture of dialogue and sharing
- Genuine lead for the group (using counselling skills)
- Conductors are experts by experience
- Supervision, debriefing and reflective practice in place

Where are we now...

Understanding the evidence and adding to this...

Evidence base is embryonic...

But doesn't mean its not there...

If we look and evaluate we will find!

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