

Support Group

What is support group?

A support group is a group of people coming together due to similar background and/or experiences, forming a community which provides a platform to speak your mind without being judged.

Is support group useful?

As the society becomes more advanced, we tend to have fewer support systems and lesser extended family. There are no longer kampongs where we can rally when things go wrong.

Now when something goes wrong, we stop and think “who can we call?” If we call our friends, we may be subjected to their opinions which we do not need. Furthermore, there is always the thought of wondering if they really know how we feel. Speaking to the nuclear family may also not be an option as we feel that we do not want to burden them more.

In this case, a support group would be useful because it tend to be specific to what you need. Most of the people in the group would have had similar form of experience with you. As such, this would lead to increase in empathy and understanding in the group.

Could support group be online?

Yes. Joining the forum on the net, or even blogging, is an alternative method of support. The dynamic of an online support group is somewhat different from a support group in that you are unable to see the members of the group physically. Going online means more anonymity and less structure.

Often, the more effective support group is one where there is a follow-up after everyone bonded for a few sessions and where the support continues even outside the allocated time and place. The benefit of an online support group is that the net provides people the option of logging on and off when they need to without setting a time and space. This is especially beneficial for working people and even mothers.

Where can I find support group in Singapore?

There are numerous support groups in Singapore. Many VWOs and counselling centres – which can be found in the neighbourhood – run support groups for different purposes. Even hospitals have support groups like the breastfeeding support group. There is currently no registry/association for support groups but there are duplication of support

groups. On the bright side, that would just mean that people would have more options of where to go and which location would be the best for them.

Here at The Therapy Room, both the support group and a weekly process group are available. The weekly process group is facilitated by our principal psychologist and senior psychologist – Geraldine Tan and Lawrence Tan – both of whom had numerous experience in this area. In the process group, you will be able to identify unhealthy relational patterns in your life and experiment with new ways of engaging in a safe setting. The process group is suitable for most psychological disorders. If you are interested, please feel free to click [here](#) to contact us and find out more.