

## **IBSC Presentation: Why Psychotherapy Groups Work So Well for Boys**

June Schmunk M.S.  
Michael Thompson, Ph.D.  
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- I. Introduction. The Family Group, a first-time experiment that became a success.**
- II. How We Ran the Family Group**
- III. Content: What Boys Talk About**
- IV. Why the Group Work So Well for Boys (video—ten minutes)**
  - shared emotional risk, modeling, emotional leadership
  - camaraderie
- V. Advantages to Boys and the School**
  - Everyone in the school knows there is a safe place for heavy stuff
  - The Family Group has spawned other groups: questioning, injury, return from semesters abroad. The re-class group did not work so well.
  - The group creates emotional leaders who have an impact outside the group.
  - a form of therapy consistent with the team culture of Belmont Hill.