

therapy group

Emma
Reicher



GROUP THERAPY

A new Therapy Group

*You may be functioning, yet something stuck or painful repeats.
In your family, your thoughts, your career or your physical health.*

*These patterns don't shift through more self-improvement or
effort. They begin to change when they are met, in relationship,
and in real time. This is what group therapy makes possible.*

I am a UKCP registered Psychotherapist and Group Analyst.
My work is rooted in the awareness that we are social beings,
and that it is within this shared field that healing unfolds.

Group therapy began at a time of collective rupture during the
Second World War, pioneered by S. H. Foulkes at Northfield
Military Hospital. His groups helped traumatised soldiers make
sense of what they had been through, together rather than alone.

Foulkes went on to found the Group Analytic Society (1952) and
the Institute of Group Analysis (1971). Today, Group Analytic
Psychotherapy is a well recognised, NHS approved treatment
modality, uniquely placed to locate personal distress within its
wider social context.

**The group will begin in October 2026.
Eight places available.**

It is a weekly, ongoing therapy group, held in a **hybrid format**:
three online sessions per month, and **one in-person session** at
Camden Therapy, London (NW1). **Wednesdays, 7:30–9:00am.**

Each member begins with individual preparatory sessions,
creating a supported entry into the group.





Why Group Therapy?

A therapy group is a confidential space to speak about what you're going through, and to hear the experiences of others. Over time, the group forms a stabilising field, where coping efforts are recognised, patterns become clearer, and difficult feelings can be expressed and metabolised.

As you relate to others in the group, beliefs and behaviours shaped in earlier relationships begin to surface. Reflecting on these patterns within a therapeutic context can soften defences, interrupt transgenerational cycles, and open space for more authentic ways of being.

Group therapy is not a quick fix. It works at depth. It is an opportunity to reach root level causes, shift patterns that no longer serve you, and cultivate a more meaningful relationship with yourself and others.

Details

- Preparatory 1:1 sessions required in advance (£120/session)
- Monthly group fee: £300
- Weekly sessions (90 minutes)
- Breaks: Christmas, Easter, August, and half terms
- Minimum commitment: 12 months
- No contact between members outside sessions
- Conversation is free-floating: the group shapes the work

Facilitated by Emma Reicher

Emma is a UKCP-registered Psychotherapist and Group Analyst. Her progressive practice brings together Group Analysis, Maturation, Dreamwork, and Elemental Chi Kung as a single, integrated field.

She is interested in what lies beneath the surface: the patterns we inherit, the intelligence held in the body, and the ways in which we come into being through relationship.

Her groups are spaces of depth, precision, and care, where complexity can be held, and something more truthful can begin to take form.

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