

Rethinking Group Psychotherapy in Traditional Societies: Challenges and Benefits

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Goal:

Group Sessions: Personal Growth for Youth

Objectives

- ❖ **Characteristics of Generation Y**
- ❖ **Saudi Youth Unveiled**
- ❖ **Group Therapy in traditional society**
- ❖ **The power of the group: Benefits & Challenges**
- ❖ **Psycho-education groups in Apps**
- ❖ **Next steps**



Characteristics of Generation Y



Key Findings in GCC

Generational Perspectives

How to make the right decision at work and in my life

How to develop patience and perseverance to succeed

How to communicate effectively and earn the right work experience

How to learn life experience



What does Generation Y Need to Learn?



Saudi Youth Unveiled



People skills are important for Generation Y in Saudi Arabia

- **Emotional Intelligence**
- **Influencing Others**
- **Resilience**
- **Communication**
- **Networking**



Saudi Youth Unveiled

Areas of Self Growth & Development

- Self esteem/confidence/
- Self-image issues
- Loneliness
- Jealousy Issues
- Assertiveness
- Trust Issues
- Self-Acceptance
- Social Awkwardness
- Parental Relations
- Lack of Relationship Building Skills



Saudi Youth Unveiled

Areas of Interpersonal Relationships

- Rivalry Issues (siblings, peers, workers, etc)
- Family Structure Issues (divorce, separation)
- Lack of Independence from Parents
- Conflict about Worldly Role (Where do I fit in?)
- Broken Communication with Family
- Living in the Moment (Grass is always greener on the other side)
- Work/life balance
- Desire for experience that seems out of reach



Saudi Youth Unveiled

Mental Health Issues

- Depression
- Anxiety
- OCD Issues
- ADHD Issues
- Witnessing Trauma
- Sexual Abuse
- Physical Abuse
- Mental Abuse



Top Three Concerns of Saudi Youth

- High cost of living: 60%
- Shortage of affordable housing: 55%
- Fear of crime & violence: 54%
- Shortcomings in the education system: 1 out of 3
- Lack of career opportunities: 1 out of 4



Effectiveness of the Education System

- Well prepared in Islamic studies, basic academic subjects (mathematics, reading, and writing).
- Low satisfaction with instruction in the “soft” skills, ex. problem solving, teamwork and collaboration, effective communication, and critical thinking
- Not prepared to meet private-sector employers’ value creating challenges to get and succeed in the job market or the workplace.



Benefits & Challenges





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Thank You!



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