

Rethinking Group
Psychotherapy in
Traditional Societies:
Challenges and Benefits

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Goal:

Group Sessions: Personal Growth for Youth



- 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





Generation Y around the world

- ✓ Born in1990s
- ✓ Grew up in a different environment & armed with smart phones, tablets, laptops, ad other gadgets. Plugged-in 24h/day, 7 days/week.
- ✓ Come to the workplace with different skills, are technology savvy & rely on it to perform their jobs better.
- ✓ Think differently about learning and development. They prefer to communicate through e-mail and text messaging rather than face-to-face contact and prefer webinars and online technology to traditional presentations.





Generation Y in GCC

- Approach work relationships differently:
 Peer orientation rather than respect for hierarchy
- ✓ Focus on self: This is a generation of multitaskers who believe in their own self-worth & value such that they are not shy about trying to change their work environment.
- ✓ Preference for a strong work-life balance
- ✓ Are motivated by success, money, hype, etc.
- ✓ Eager to compete in the global market: goaloriented, confident, ambitious, achievementoriented, team-oriented, loyal, committed, desire feedback and guidance, seek frequent praise and reassurance

Key Findings in GCC



Success

- Pressure to succeed from within is strong
- Career Success is high salary, knowledge & expertise and good work-life balance
- Older colleagues are important to them; they help with experience, communication, and patience





- Generation Y can help older colleagues with technology and drive to succeed
- They value qualifications and formal training
- They want to develop peopleleaderships skills to succeed



Key Findings in GCC



- Generation Y want visionary & democratic rather than commanding managers
 - They speak their mind
- Y females want managers to change their style more than males do



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?







What does Generation Y Need to Learn?

- Seek reliable knowledge and evidence-based information to utilize it in their every day life
- Critical thinking skills & problem solving
- Communication & collaboration
- Creativity & innovation
- Have a "to-learn" list & engage in life-long learning.
- Seek balance between work and lifestyle



People skills are important for Generation Y in Saudi Arabia



Influencing Others

- Resilience
- Communication
- Networking





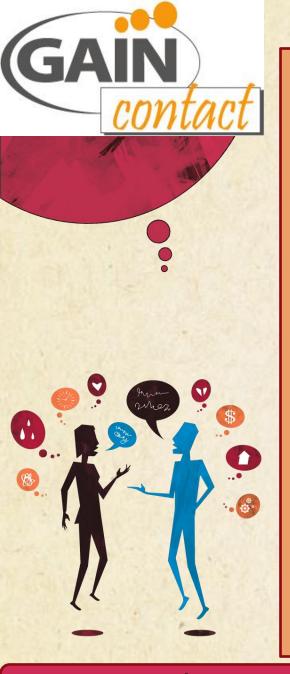
Areas of Self Growth & Development

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



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



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.

Groups in Traditional Societies







Group Work in Traditional Societies

- ☐ Mirrors familiar group environments youth grow up in: families, schools, and work
- Meets identified needs for developing soft skills ex. problem solving, teamwork and collaboration, effective communication, and critical thinking
- □ Prescribed to meet expectations of private-sector employers' in providing them with added value to succeed in the job market or the workplace.
- □ Accompanied by Apps created and customized to reinforce learning of concepts and sharing of information and experiences.
- □ Reduces stigma attached to being in therapy groups when technology is used and webinars are broadcast to group members.

Benefits & Challenges





The Power of the Group

- ☐ Utilizes group setting to make change
- ☐ Helps members learn about themselves through interacting with peers
- Capitalizes on youth motivation to succeed, be better individuals and live better lives
- ☐ Forum to exchange information and apply critical thinking, problem solving, and decision making with the help of peers
- □ Provides immediate feedback within a safe& open environment



Groups Work!

- ☐ Closes the generational gap with timely & relevant knowledge critical to an ever changing world
- Meets the needs of larger number of people given the scarcity of resources
- Supports society's goals of preparing youth for productive and successful employment
- ☐ Increases satisfaction of youth about their education, training and work prospects
- Identifies youth with mental health needs early on for referral to appropriate services



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