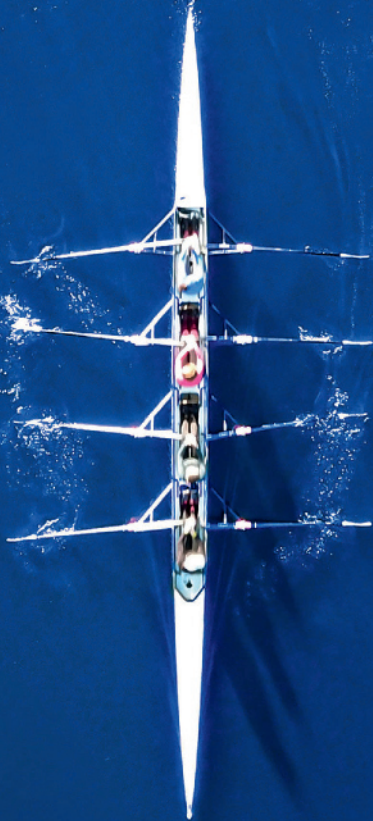


HOW TO BREAK THE BARRIER TO THERAPY



FELIX CESARE/GETTY IMAGES

BY NOW, every guy knows that talking about the things you're going through—be it a divorce, job loss, or plain ol' unexplainable anxiety—can help with processing emotions. But that doesn't have to look like chatting one-on-one from a couch: Group therapy is a great option for men who aren't comfortable talking about themselves, who like to learn from listening and observing others, or who are currently missing that feeling of community support, says Rachel Kazez, therapist and founder of **All Along**, a consulting

firm that pairs people with therapists. Group therapy may be the most approachable form of talk therapy. Without any of the personal pressure, it's like having a beer with your buddies, except some people talk about their feelings.

These days, group support often looks like anywhere from four to 15 people (all men, if you like) hopping on a Zoom call, talking through current struggles and recent wins. These sessions are usually led by a licensed counselor or therapist, and there's no need to share if you don't want to. But many people find

that watching others work through hardships helps them figure out their own tribulations, Kazez says.

She adds that if you're looking to process a specific trauma or want a place where you can talk non-stop, then personal sessions might be more beneficial. But a group can act as a bridge if you're not quite ready to divulge your biggest qualms one-on-one yet. (Bonus: It's usually cheaper, too.)

Of course, it's all about finding the right one, Kazez adds. The attendees and leaders set the tone, so shop around until you find a good fit.

There are great virtual sessions offered by online platforms like **EVERYMAN** and **Hims & Hers**. If you want the option to meet in person, ask local clinics or therapists about groups currently meeting remotely. Don't know where to start? Tap a service like Kazez's **All Along** or **MyWellbeing**, which emails personalized matches, to help you navigate and narrow down the possibilities. —RS

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