

## The Role of Group Psychotherapy in Developing Social Awareness

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### Abstract

This Research explores the application of group psychotherapy as a tool for promoting social awareness and critical thinking. Group psychotherapy typically involves one or more therapists guiding a small group of individuals to address emotional challenges and support personal development. The Maharashtra Andhashraddha Nirmulan Samiti (MANS) is an organization committed to combating superstition in India, particularly in the state of Maharashtra. For the past 18 years, efforts have been made to integrate group psychotherapy into the organization's mission from a psychological perspective. MANS has identified this approach as a distinctive method for fostering social consciousness, particularly around the issue of blind belief. Blind belief refers to the uncritical acceptance of ideas or practices without questioning their validity or considering evidence. Such beliefs can negatively impact both individuals and society. Through group psychotherapy, participants are encouraged to recognize their emotional needs, understand diverse viewpoints, appreciate the support systems within families, schools, and communities, and strengthen their capacity for scientific thinking. By creating a space for dialogue and reflection, group psychotherapy raises awareness about the harmful effects of superstition. It helps individuals question irrational beliefs, cultivate empathy and tolerance, and contribute to building a more rational, just, and evidence-based society.

**Keywords:** group psychotherapy, group therapy, social awareness, maharashtra andhashraddha nirmoolan samiti, MANS