



Special Interest Tourism

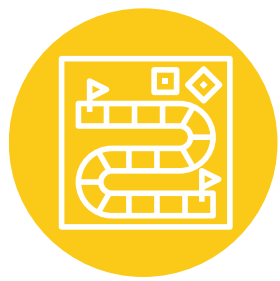
Imagine a social counselling group as a fascinating journey through the diverse landscapes of tourism, where you explore various hobbies and special interests for the first time. Special interest tourism is a therapy group designed like a travel group, where each destination represents a different hobby or special interest, the facilitating counsellor is the group's tour guide, and the participants are eager tourists, ready to explore and experience the beauty of self-expression and emotional growth.

Each week, a new hobby/special interest is introduced, with the guide of the counsellor, offering a chance for personal exploration and interpersonal growth.



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Some of the hobbies/destinations include:



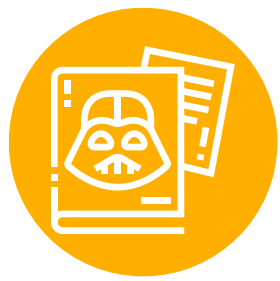
Games and puzzles

- Ludo
- Clue
- Monopoly
- Catan



DIY crafts

- Painting
- Sculpting
- Upcycling clothes
- Cosplay



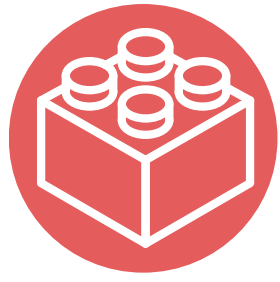
Collecting

- Star Wars vs Star Trek
- Harry Potter
- DC vs Marvel comics
- Disney



Physical and active

- Geocaching
- Yoga
- Gardening
- Dancing



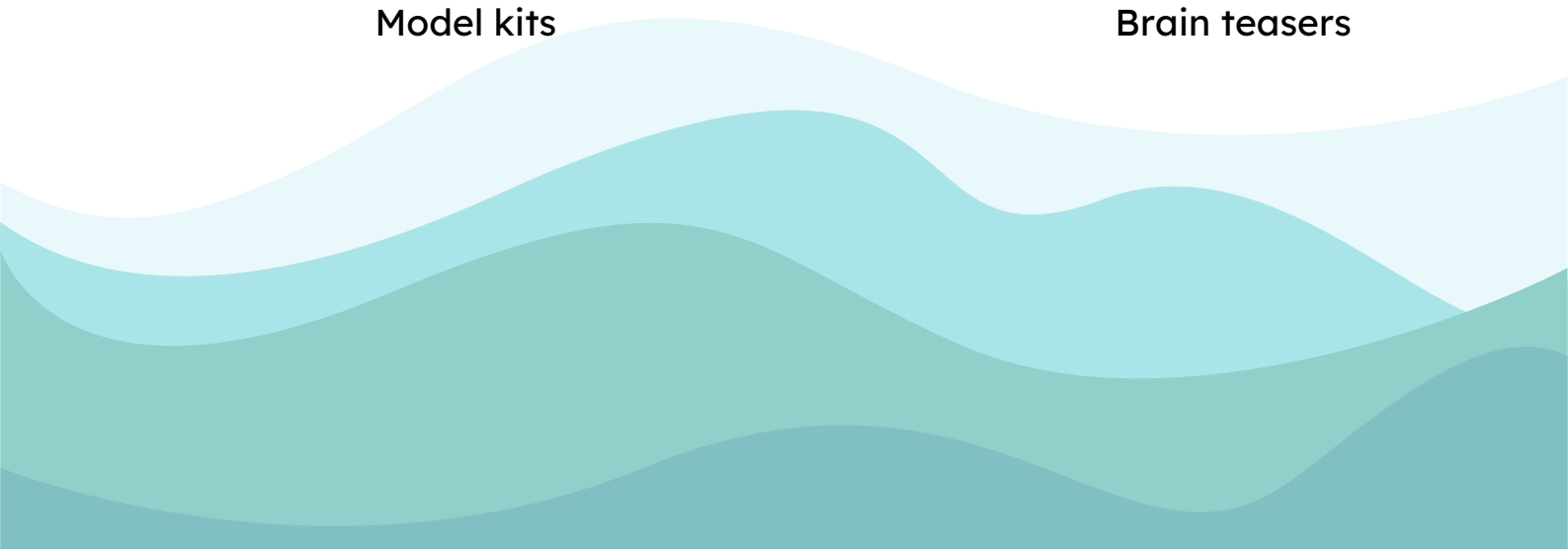
Modelling

- Lego
- Minecraft
- Wood carving
- Model kits



Mental

- Reading and research
- Sudoku
- Writing and journaling
- Brain teasers



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Here are some things you can expect from Special Interest Tourism:

1

Shared interest and connection

The counselling group revolves around hobbies, which means most participants share a common interest. This shared passion fosters a sense of connection and camaraderie among the members, making it easier for individuals to open up and support each other.

2

Safe and non-judgmental space

Engaging in hobbies for the first time can be intimidating. In a hobby-based counseling group, participants can feel at ease knowing they are in a non-judgmental and supportive environment. This sense of safety encourages members to express their thoughts and feelings without fear of criticism.

3

Increased self awareness

Creative based counselling encourages introspection and self-reflection. Through the creative process, participants may gain insights into their own thoughts, behaviors, and emotions, fostering a deeper understanding of themselves.

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Exploration of new activities

The group encourages members to try out new hobbies they might not have considered before. This exploration broadens horizons, introduces new experiences, and adds excitement to life.

5

Stress relief and management

Hobbies are known to provide stress relief and relaxation.

Participating in our special interest tourism group allows individuals to take a break from their daily worries and immerse themselves in enjoyable activities, promoting mental well-being.

Regularly engaging in hobbies can become a part of a long-term stress management strategy. The counseling group reinforces this habit, promoting continued well-being beyond the sessions.



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Skill development

Engaging in hobbies often involves learning and honing new skills. Within the counselling group, participants can share knowledge, tips, and techniques, helping each other grow and improve in their chosen hobbies.



Boosting confidence and self-esteem

As individuals explore and develop their hobbies, they gain a sense of accomplishment and increased self-esteem. The group's encouragement and positive feedback contribute to this personal growth.



Sense of belonging

Being part of a counselling group with shared interests creates a sense of belonging and inclusion. It reduces feelings of isolation and loneliness, fostering a supportive community.



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Coping mechanisms

Like any new endeavor, hobbies may present challenges. The counseling group offers a platform for discussing and overcoming these obstacles together, providing valuable coping strategies.

10

Emotional outlet

Engaging in hobbies can serve as an emotional outlet, allowing participants to channel their emotions and express themselves creatively. The group setting provides an opportunity to share these emotional experiences and receive validation and understanding.

11

Time for self-care

In the fast-paced modern world, people often neglect self-care. Joining our Special Interest Tourism therapy group carves out dedicated time for self-nurturing and personal growth.



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Peer learning and support

The group dynamic enables peer learning, where participants can benefit from each other's experiences and expertise in their respective hobbies. This shared knowledge accelerates the learning process.

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Preventing burnout

Hobbies act as a healthy distraction from work-related stress and help prevent burnout. Our group encourages a balanced lifestyle by incorporating enjoyable activities into participants' lives.

Overall, our Special Interest Tourism therapy groups offer a holistic approach to well-being by combining the benefits of social support, skill development, stress relief, and personal growth. It empowers individuals to explore new hobbies, connect with like-minded people, and enhance their overall quality of life.

