WHAT IS A PRE-GROUP MEETING?

People entering group therapy commonly have many questions and fears about joining a group. A pre-group meeting is an opportunity to meet the group leader, learn more about group and to ask questions about how group therapy can be helpful. A pre-group meeting can help you and the group therapist decide if this group is the best match to meet your needs, and if not, then to help you find resources that could be more helpful to you.

Lasts about 30-45 minutes.

A chance for you to hear more about how group could benefit you and to meet the group facilitator(s).

The group facilitator will ask about your reason and interest in joining group therapy and if you have been in a therapy group before.

If you are in individual therapy, the group facilitator may ask what you are working on and how you might expand that work in a group setting.

A chance for you to ask questions about the group and the group process and discuss your fears that may be holding you back from giving it a try.

Will review group expectations, confidentiality, and goals. Attending the pre-group meeting will give you a chance to decide if you want to commit to group therapy.