

How to Succeed in Group Therapy

Attendance

- Please arrive on time
- Please call 604-806-8004 if you will be late or have an emergency and cannot come to a session
- Each week of group builds on the last week
 - if you miss a Cognitive Behavioral Therapy (CBT) group session please pick up the written material and complete homework before the next session
- If you are finding it hard to get to group please talk to us so we can help you

Participation

- Participate as much as you like in the group
 - it is normal to feel nervous when you first start
 - sharing helps people understand they are not alone
- The more you put into group treatment, the more you will get out of it
 - challenge yourself to speak-up, give feedback to others, or share your own experiences

Home Practice

In group therapy you will learn:

- New coping skills
- A new understanding of yourself
- How to improve the use of skills you already have
- Between sessions you should:
 - Practice what is talked about in group
 - Challenge yourself to change old ways of thinking, behaving and relating to others
 - If you are in a CBT group, then between sessions you should also:
 - Set aside 30-60 minutes three times per week to complete your homework and goals
 - Read the materials and do the written exercises for each session

Privacy

- What happens and what is said in group therapy is private
- Do not talk about what is said by others outside of the group
- Only use first names to protect each others privacy
- Do not socialize with other group members while you are going through group therapy together

