

## **THERAPIST INTRODUCTION FOR NEW CLIENTS BEING SCREENED TO GROUP**

We have prepared this brief handout because we have found that some people have some misconceptions about groups. Please read this and if you have any questions let me know.

Results for Group therapy are at least as favorable as for individual treatment. There is no evidence showing that individual treatment is better than group treatment!

Group therapy is often the treatment of choice in alcohol and drug programs.

The treatment provided by the Guided Self-Change Unit is offered in a group setting with an individualized focus. This kind of group is different from traditional group therapy.

- You will be doing all of your assignments on an *individual* basis.
- In the group, there will be a focus on your *individual* experiences. For example, each person will discuss one of their high risk trigger situations in the group and feedback will be given by the therapists and other group members. In this way, you will have an opportunity to learn how others face and deal with problems.

Group sessions are helpful, as they provide an opportunity to share experiences with others trying to change their alcohol or drug use. Group therapy give you an opportunity

- To exchange experiences with others
- To learn how others have dealt with their problems
- To receive support from those who have a similar problem, and
- To help others deal with their problems

**Experiences in a group let you know you are not alone in trying to change your alcohol or drug problem.**