

Introduction to Groups

RESEARCH SHOWS THAT GROUPS ARE AS EFFECTIVE AS INDIVIDUAL THERAPY.

GROUPS GIVE YOU AN OPPORTUNITY TO

- Share your experiences with others.
- Learn how others deal with their problems.
- Receive support from those who have similar problems.
- Help others deal with their problems.

HOW TO BENEFIT FROM GROUPS

ATTEND ALL SESSIONS: Attend all sessions and arrive on time. If for some reason you cannot make the group, call in advance and tell the group leaders.

DO THE READINGS AND HOMEWORK ASSIGNMENTS: You will be given readings, homework exercises, and self-monitoring logs to complete at home and bring back to the groups. This helps use the time in groups more efficiently. The assignments and self-monitoring logs will be discussed in the group.

PARTICIPATE: To get the most out of the groups, members need to participate during every group session and take turns speaking.

SELF-DISCLOSE: Use the group to help you with your own problems by sharing with the rest of the group.

WORK TOGETHER: The group accomplishes more when members work together, much like a sports team.

GROUP RULES

CONFIDENTIALITY: What is discussed in the group is not repeated outside the group.

DO NOT SOCIALIZE OUTSIDE OF THE GROUP

AVOID DISRUPTIVE BEHAVIORS

NO ALCOHOL OR DRUG USE: It is important not to use alcohol or drugs before coming to the group.

TURN CELL PHONES OFF DURING GROUPS