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.

- Lasts about 30 minutes
- A chance for you to hear more about how group could benefit you and to meet the group facilitator
- The group facilitator will ask you about your reasons and interest in joining group therapy and about any prior experiences in group therapy
- 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