

WHAT IS A PRE-GROUP MEETING?



Student & Community
Counseling Center

UNIVERSITY OF COLORADO **DENVER**

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**

