

## WOMEN'S GROUP FREQUENTLY ASKED QUESTIONS

### **Where will we be meeting?**

We'll meet in my office, which has a combination of chairs, floor cushions, a couch and a coffee table. Sometimes we may opt to use the conference room downstairs if we want a work table.

### **What is the structure of our two hours together?**

We'll start with any logistical housekeeping announcements, then a general check-in by each member, sharing what is on their minds and hearts. Often the check-ins will expose a theme that starts the discussion and then we follow that thread where it leads. Other times, something from a prior meeting will have felt unfinished and we can pick that back up. On other nights, I may start the group with a relevant prompt or a creative exercise of some kind. I have much in the way of information, strategy and technique to share, but will do so woven into our conversation and process, not like a lecture. We take a 5-10 minute break after an hour, and wrap up with 5-10 minutes to do any kind of necessary business.

### **How does an experiential process group work?**

By coming together with others who are also committed to self-study and growth, we create an unusual and unique opportunity. The experience of being with and sharing with others helps to remove or reduce obstacles such as self-doubt, guilt and shame, hopelessness, aloneness, unfounded beliefs and secrets and more. It works differently than individual therapy or self-study because of interpersonal learning: who we are and how we see ourselves are learned through our relationship to others. By observing our relationships and our reactions and our internal processes to other members of the group (and to me as the facilitator!), we can learn more about ourselves. Groups amplify and speed up our learning process.

### **What do I need to bring?**

Mostly an open heart. I'll provide a safe and protected environment to build trust. I'll also have tea & water, little snackies, notebooks and pens. Bring anything you need to be comfortable: food or drink, your favorite journal, a shawl, whatever you need.

### **How and when should I pay?**

The 10-week commitment is \$500. As we get closer to our start date, I'll send out an email requesting payment. You can pay in full up front, or in chunks, or weekly. I can send you a PayPal invoice and you can pay online, or you can pay with check or credit card. Whatever works best for you and your budget.

### **How can I use my medical insurance?**

If you'd like me to bill your insurance for you, I'll need a picture of your insurance card (front and back), your address, date of birth, and phone number. My billing service will send a bill after each session. If you have a policy that will pay for your group psychotherapy (Code #90853) they will issue you a reimbursement check.

### **What if I have to miss a group session, or if I get sick and can't come?**

Life happens. If you need to miss a session, please let me know before the group so I can share it with your group members. We come to care about each other and want to be supportive. That said, the cohesion of the group and the efficacy of the process works best when everybody is really committed, so take cancellations seriously for the impact it has on the group as a whole.

### **What if I start the group and decide it's something I don't like?**

Grist for the mill! One of the benefits of being a grown up is that we get to decide what we want to do, so of course a decision to quit the group is always available. That said, the exploration of WHY something about the group isn't right is EXACTLY where the group experience gets juicy and we can explore our growth edge.

### **What happens at the end of 10 weeks?**

If the group cohesion is such that members would like to continue, we can decide how we want to do that (with or without a break, adding new members or not, etc.). If the process feels complete, then the group ends and we take our experience with us to integrate into our individual lives outside of the group.