



Frequently Asked Questions

1. Do I need to have an assessment for the groups?

Everyone attending the groups, whether you have self-referred or been referred by a health professional, will have had an initial assessment. This will be organised by our admin team. This is an assessment to discuss your difficulties and suitability for treatment. Through this we will be able to identify if the group is the most beneficial treatment for you.

2. What are the benefits of group therapy compared to individual?

Groups give an opportunity to hear from others with the same type of issues and experiences as you, and this can be a very supportive experience. Often difficulties our clients face isolate them, so meeting others can be very beneficial in their recovery. The supportive network it provides has often led to members of the group organising their own peer support, which continues to encourage their wellbeing following the completion of therapy. Most of our sessions are two hours long and run over 7-8 weeks, meaning you receive a minimum of 14 hours of therapy. Most groups are also run by two facilitators given you a range of experience and expertise.

3. Will I need to talk in the groups?

Although we encourage interaction and group discussion in the groups, you are under no pressure to participate. Most of our groups are skills based and therefore our groups provide a space for learning, which can for some mean listening to facilitators and working independently on exercises.

4. Will there be refreshments?

We provide water in the groups, but unfortunately cannot facilitate hot beverages, however if you wish to bring some refreshments for the short breaks you are welcome to do so.

5. Is there parking facilities?

Some of our sites have free parking available; these are Unity Mill, Ilkeston Resource Centre and Brooklands. If you are travelling to other locations please call our office to checking parking availability.

6. What happens if I get upset or distressed in the group?

We provide a safe and supportive environment in all our groups. We encourage clients to be honest with how they feel and at times this may lead to clients feeling emotional in sessions. If you start to feel overwhelmed and wish to take a break within the session it is fine to take some time out of the group. This may just be for few minutes. Most of our sessions are run with two therapists, which mean if you become upset and feel you need to leave you will be supported by one of the therapist. This may include having a 1:1 talk in our therapy rooms or involve carry out the session material on a 1:1 basis for the remaining of the session.



7. What if I know someone in the group?

This is a rare occurrence but can happen in the groups. Please let your facilitator know if you know someone in the group. In these circumstances we can offer you our next group or 1:1 treatment options.

8. What if I miss a session?

We encourage you to attend all the sessions to get the full benefit of our groups. However, we appreciate that at times you may need to cancel, for example when poorly. In these circumstances please call us to inform us you are unable to attend. If your facilitators provide you with extra resources from the session then these will be emailed out. If several sessions are missed we would encourage you to attend the next group available and would discuss other therapy options if required.

9. What if the group isn't for me?

It is common for clients to feel nervous about their first session. Our clients report after this session many of their prior expectations have been challenged in a positive way. However we do appreciate that the group isn't for everyone and if this is the case please let your facilitator know and we will ensure you are offered an alternative.

10. What if I need further support?

Our groups have proven successful for many clients on their journey to recovery. However, we appreciate for some it is the start of their therapeutic path. If after the course you require further support your course facilitators can offer a follow up appointment to review your needs. From there further options can be discussed.

If you have any further question regarding groups please ring our main office on 0300 123 0542.

Details of our current groups can be found on our website in our Course and Groups booklet.