



## Joining the Group

The group is open to any woman who wishes to participate.

If you have already had individual sessions with a clinician and feel ready to join the Assertion Training for Women Group, your therapist will answer any of your questions and refer you to the group.

You may wish to attend individual therapy sessions and attend the Assertion Training Group at the same time, usually this is fine but this should be discussed with your therapist.



## Group Expectations

Each group session is 75 minutes and each group member commits to attending at least eight sessions. This ensures that each group member completes the entire program while giving the group a chance to know each other, feel comfortable revealing personal information, and practicing assertion techniques.

Each Group session includes useful information about assertion and assertion behaviours and practice at using those behaviours in social situations. Participants will be expected to be honest, non-judgmental, and to maintain strict confidentiality with respect to matters disclosed within the group.

Attending the Group is an important commitment to others so attendance is important and planned absences are to be announced ahead of time.



## Fees

The fee for the Assertion Group is \$35 per 75 minute session. If the Assertion Group is being paid for under Extended Health Benefits or through an Employee Assistance Program, then the number of eligible paid Group sessions is more than the number of eligible individual sessions and is adjusted accordingly.

Many individuals and families have Employee Assistance Programs or Extended Health Benefits through their place of employment. Most of the services provided to adults and children may be covered in whole or in part. We will be pleased to discuss with you how you may access these benefits



## Where Do I Start?

Call our intake department and ask for more information about Group openings and schedule.



# Assertion Training for Women



*Quinte Assessment and Treatment Group Inc.*

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*Quinte Counselling Services Inc.*

Quinte Counselling Services Inc., and Quinte Assessment and Treatment Group Inc., together provide a full range of Clinical and Consulting Services to clients in Central and Eastern Ontario.

Confidential Appointments in a private setting can be arranged for the daytime, evening or weekend. Many services are covered in whole or in part by Employee Assistance Programs and Extended Health Benefits.

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# Assertion Group for Women

Acting assertively is essential to living your life effectively and feeling good about yourself.

But too often we have not learned to be assertive and are unable to act strongly on our own behalf. Some of us then become very passive in order to try and get what we need. Sometimes when we do act strongly we are told not to be aggressive because women shouldn't act that way.

Assertion Training for Women involves understanding types of communication, being able to express your feelings, and how to develop assertive behaviours. It includes developing both an assertive body image and developing an assertive attitude.

Assertion involves developing a sense of your own power and the best ways of using this power. This means understanding the difference between assertive behaviour, manipulation, counter manipulation and their uses.

Topics covered in the training program include:

- How to deal with criticism
- How to deal with compliments
- How to get out of the "Compassion Trap"
- How to deal with your fears of being rejected.

- How to deal with your need for approval.
- How to move from apologizing to assertion
- How to identify and express your feelings
- How to choose not to just react but learn to act instead
- How best to get your questions answered.
- How to choose and act when you do not want to answer questions
- How to say "No" in different ways, and how to say "No" without feeling guilty



## Group Training

The client always has the choice of whether to deal with their issues in an individual session or in a group. Some clients only feel comfortable with an individual therapist, whether it is because of the type of issues being addressed, their stage of development or their comfort level with other people

But group training is particularly effective for women learning assertion because it provides a safe place to practice new ways of communication and assertion. It also provides the opportunity to get support and information from other women in similar situations. With the help of the group facilitator, the group participants have the chance to work through past assertion issues while also getting the opportunity to develop and try out new strategies for asserting their wants and needs.

Attending the Assertion Group can be the first important step to learning assertion behaviours and better managing your life.



## Referral to Assertion Group for Women

Women can self refer or referrals will be accepted from family, doctors, or community organizations.

On receiving a referral the client is informed about the group schedule and current openings in the group.

