



## Joining the Group

In order to join the Process Group you must first have an individual session with a clinician to make sure the Group is suitable and to discuss the Group process. In some cases you may have already had a number of individual sessions and now feel ready to join the Process Group. The clinician will answer any of your questions and then refer you to the group and make arrangements for your attendance.

Some people wish to attend individual therapy sessions and attend the Process group at the same time, usually this is fine but this should be discussed with your therapist.



## Group Expectations

Each group member commits to a minimum of six weekly 90 minute sessions to give the group a chance to know each other and to feel comfortable revealing personal information.

Group members talk about pressing issues with the full concentration of other group members. Everything said in the group is confidential and no-ones' identifying information or issues are to be revealed outside of the group.

The group does not have an end date so members are free to participate as long as they are able. New members will be introduced as openings occur, and the group will become closed when we have eight members.

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

No relationships outside of the Group are allowed while Group members are actively participating in the Group.



## Fees

Individual treatment fees vary from clinician to clinician. 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.

The fee for the Process Group is \$35 per 90 minute session for a minimum of 6 weekly sessions. If the Process 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. We will be pleased to provide you with more information.



## Where do I Start?

Call our intake department and ask for more information or ask your therapist about the group to find out about Group openings and schedule.



## *Process Group - Addressing Your Issues and Improving Your Relationships Through a Group Therapy Process*



*Quinte Assessment and Treatment  
Group Inc.*  
&

*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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## **Process Group - Addressing Your Issues and Improving Your Relationships Through a Group Therapy Process**

A Process Group is for anyone with an individual or relationship issue that is interfering with their life.

A Process Group is effective because much of what we have learned in the past may block communication with the present, getting in the way of relationships with friends, associates, partners, and family.

People who are suffering with depression, anxiety, eating disorders, victimization, and many other issues are likely to have problems in their relationships with others. These problems often lead the person to feel left out, rejected, sad, frustrated, with few outlets to turn. We get caught up in cycles of communication that become problematic and no longer help us to get what we want and need from relationships. In essence, we become stuck.

A Process Group facilitated by a skilled clinician can be a very effective way of becoming unstuck.



### **Group Versus Individual Treatment**

The client always has the choice of treatment and some clients only feel comfortable with an individual therapist, whether it is because

of the type of issues being addressed, their stage of therapy or their comfort level with other people

Group treatment is particularly effective for people who because of their own issues are also having difficulty in their relationships with others and who can benefit from the opportunity of learning new communication and relationship skills.

There are many benefits to group treatment as this therapy forum provides people with the opportunity to get support and information from others who are in similar situations.

Additionally, a group participant has the opportunity to experiment with new styles of communication and get feedback about their patterns from more than one person. With the help of a therapist, the group participant has the chance to work through past issues while also getting the opportunity to develop and try out new strategies for improving relationships.

Benefits from a group include:

- Learning to identify and communicate in the here and now
- Setting new goals for yourself
- Exploring the world of inner feelings
- Getting feedback from others
- Learning to initiate communication and be assertive
- Being honest with others
- Being more sensitive to the ways people communicate
- Learning about closeness and intimacy
- Experimenting with ways of relating to the world



## **Referral for Counselling, Training , Mediation or Groups**

Clients can self refer or referrals can be made by a family physician or other therapist..

On receiving a referral the client is scheduled for an individual session with a clinician. On the basis of that session the clinician helps the client explore the options available to them; such as individual and/or couple counselling sessions, Process Group, or training sessions.

The clinician will also inform the clients the number and/or types of sessions if they have a an EAP or health benefits program.

