



## Joining the Group

In order to join the Trauma 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 Trauma 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 Trauma Group at the same time, usually this is fine but this should be discussed with your therapist.



## Group Expectations

All Trauma Group members report having had any of a range of traumatic experiences, including physical or sexual abuse, witnessing, or being in a life threatening situation, combat experience, extreme neglect and witnessing or experiencing acute events that involve threat or loss of life to themselves, peers, or loved ones.

Each group member commits to a minimum of six weekly one hour and fifteen minute sessions which gives the group a chance to know each other and to feel comfortable revealing personal information. Sessions largely consist of supportive group discussion, counseling, and feedback. While discussion is guided by emerging themes presented by group members, the clinician may also make use of psycho- educational methods and process group strategies in guiding group discussion and facilitating group cohesion.

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

The issues/experiences dealt with in this group are often long term, and clients can remain in this group as long as their treatment goals remain consistent with the theme of the group.

Prospective members must not have a history of victimizing others in order to maintain the safety and security of other group members.



## 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 Trauma Group is \$35 per one hour and fifteen minute session for a minimum of 6 weekly sessions. If the Trauma 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.



# Trauma Group

*Addressing the Impact and Issues of  
Traumatic Experiences*



*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.

208 John Street  
Belleville ON  
K8N 3G1

248 Church Street  
Belleville ON  
K8N 3C5

613-966-4262  
Fax 613-966-4265  
[qcs@qxplore.com](mailto:qcs@qxplore.com)  
[www.qxplore.com](http://www.qxplore.com)

## Trauma Group

### *Addressing the Impact and Issues of Traumatic Experiences*

The Trauma Group is for anyone who feels negatively affected by having experienced a traumatic event. This event may still be negatively affecting their interpersonal relationships.

Traumatic experiences include such incidents as sexual and/or physical abuse, severe and persistent neglect, and witnessing or experiencing acute events that involve threat of loss of life to themselves, peers, or loved ones.

These clients' experiences can contribute to their chronic or repetitive symptoms in the form of acute or post traumatic stress, resulting in short and long term psychological, neurobiological, and behavioral disruptions. By addressing the impact of trauma, this group aims at reducing the effects of these disruptions.

Trauma can affect people in different ways and can result in depression, anxiety, and behavioural disorders. Victims of trauma also often have difficulty finding, forming and maintaining healthy supportive relationships. Traumatic experiences can often lead people to feel rejected, angry, sad and frustrated with no place else to turn.

A Trauma Group facilitated by a skilled clinician can be a very effective way of dealing with the effects of trauma.



### Group Versus Individual Treatment

The client always has the choice of treatment and some clients may prefer individual therapy to group therapy.

However a trauma group can be very helpful by providing interaction with people who have shared similar experiences and feelings such as helplessness, victimization, anxiety, or depression. This therapy forum also provides people with the opportunity to get support and information from others who are in similar situations.



### **What can I expect from the Trauma Group?**

The therapeutic process and cohesiveness among group, members in the Trauma Group enables the group members to work more quickly and effectively on their individual goals. Also, symptoms or other obstacles to adaptive functioning are reduced as clients address these issues with each other and the therapist.

A major treatment issue common to trauma victims is the feeling that significant aspects of their lives are not in their control. Many maladaptive behaviors and emotional experiences such as aggression, guardedness, paranoia, and substance abuse can be considered to result from this feeling.

A general goal of the group is increasing the client's ability to cope with experiences of feeling controlled, exploited, ignored, and threatened in more assertive, effective, and self-protective ways.



### **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, Trauma Group, or training sessions.

The clinician will also inform the clients about the number of sessions available if they have an EAP or health benefits program.

