

FAQs: Therapy Continuation Groups

Our clinic uses Therapy Continuation Groups as a way for providers to continue seeing patients in a group after a period of individual therapy. These groups are run by your own provider, the person who provided your individual therapy and already knows your case and your history. These groups occur at the same time each week and are 90 minutes long. Let's discuss some frequently asked questions.

What does one of these group sessions look like?

These groups last for 90 minutes, so they are longer than most therapy sessions you are probably used to attending. Therapy Continuation Groups are a type of interpersonal therapy group, also called a "process group." The groups will have your provider and 2-10 other members, with the provider leading the group. Group members share what they have been struggling with since the last session and receive support from other group members and the therapist.

What gets discussed in these groups?

For the most part, patients talk about the same types of issues and problems in group that they would with their individual therapist. Groups have the advantage of getting perspectives and support from other people who have also been through, or are currently going through, the same types of issues. The therapist will moderate discussion and try to ensure everyone who wants to discuss an issue has a chance to each session.

How long do these groups last?

While some groups are highly structured (e.g., lasting only 10 sessions), Therapy Continuation Groups are open ended, meaning that there is no set start or end date. Someone can start into the group at any time and can continue to attend sessions as long as they and their provider feel it's beneficial.

Is this group right for me?

These groups are designed to meet the needs of a wide range of disorders, such as depression, anxiety, occupational or relationship issues and many others. If your provider is referring you, it means that they believe you would be an appropriate member of the group.

