

# Group Therapy

## Group Therapy

Group therapy is a form of counseling in a group setting. Group members typically share similar concerns such as anxiety, insomnia, depression, family problems or addiction. You do not need a referral to be scheduled for group therapy.

Group therapy is led by one or more licensed mental health providers. Sessions are typically held once a week for 1 to 2 hours, depending on the type of therapy. These sessions give you the opportunity to:

- share your experience
- learn from others in similar situations
- develop skills for managing your mental health concerns.

While everyone's personal journey is his or her own, a lot of healing can happen in a group setting. Talk with your primary care provider about group therapy and if it is right for you.

## Group Therapy Programs

Allina Health offers a variety of group therapy programs, focusing on different mental health concerns. Topics include:

- depression and anxiety
- anger awareness
- stress and worry
- chronic pain
- resiliency
- food and emotions.

Visit [allinahealth.org/grouptherapy](http://allinahealth.org/grouptherapy) for a more complete list of group therapy programs offered and a description of each. You can also ask your primary care provider about other programs that may be offered at your clinic. Together, you and your primary care provider can decide the best option for you.

## How to Prepare for Group Therapy

- Group therapy is a billable type of mental health therapy. Now is a good time to call your insurance provider to find out exactly what is and is not covered under your plan.
- You will need to fill out a questionnaire before attending your first session.

## Group Guidelines

- **Confidentiality**  
Do not repeat any personal information revealed during sessions to anyone outside the group. What is said in the group stays in the group.
- **Respect the ideas of others**  
You are encouraged to be open to all other group members through respectful listening — even if you have a different view. You can “agree to disagree.” It is also important to be respectful of time and give others a chance to talk.
- **Right to pass**  
You can share as much or as little information as you wish about your situation. The right to pass can be called upon at any time and should be respected by everyone.

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- **Be honest and tell the truth**

Being honest is the only way therapy works.

- **Attend all sessions**

It is important to attend your sessions and be on time.

## **For More Information**

Talk with your primary care provider if you have questions about group therapy.