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GROUP THERAPY FAQs

What should I expect

Empower's group therapy offerings typically include seven to 12 group participants. There are generally between one to two group facilitators that always includes at least one licensed mental health professional such as clinical psychologists and licensed professional clinical counselors. Our groups usually meet weekly for one-hour sessions. The duration of the group depends on the specific group focus. Often our groups run between six to eight weeks but can be shorter or longer.

Group therapy is unique in what it offers to group participants. Group therapies provide support to group participants, as well as sharing and processing similar experiences that can help individuals feel less isolated. There can be a reduction in stigma and shame when we realize we are not alone. Group therapies can teach new skills and techniques, they can also open one's eyes to communication and relational patterns that they may not have otherwise known. Group therapies also offer a shared sense of purpose to its participants.

Can I participate in group and individual therapies at the same time?

Absolutely! It is common for our clients to participate in both individual and group therapies simultaneously. We always recommend discussing co-occurring treatments with your mental health provider ahead of time.

Can I use my insurance for group therapy?

We accept most major insurances at Empower. Specific insurance coverage varies plan to plan. To verify your coverage, contact your insurance company directly. Self-pay options may be available for group therapy. Contact our office directly with any questions related to insurance coverage or self-pay options.

How do I know if group therapy is right for me?

Consider what you are seeking help for and what you hope to gain from therapy. Review a group's goals and objectives, this gives you a good sense of what the group will focus on and what you can expect to learn from the group. If these align, then the group may be a good fit for you.

I'm in crisis, can I join a group?

Most of the group therapies at Empower are not designed for individuals currently, or recently, in crisis. Because we are not a crisis center, we encourage individuals in crisis to work with their individual mental health provider or seek emergency services. Questions? Contact us at 937-294-6004.

Myths about group therapy:

"Group counseling isn't as good as individual counseling."

The results of more and more clinical trials indicated that "group therapy works as well as individual therapy," according to the American Psychological Association. More than 50 clinical trials suggested that group and individual therapies produced a similar degree of improvement for several mental health disorders.

"I'll have to share my deepest thoughts with a bunch of strangers."

Will there be strangers? Yes initially. Do you have to share your deepest and darkest secrets? No. You decide how much you want to share and when. There is no requirement to "spill it all" but you may consider what level of sharing will be most helpful in meeting your treatment goals. One of the unique things about group therapy is the support from others and feeling as though we're not alone in our experiences. Group therapy can be a deeply meaningful experience in one's healing journey.