Starting a Group at Envision

- Most basically, you need a topic. Even if you don't have a set curriculum, jot down ideas that you'd cover about this topic to make sure you have enough content to justify the group. The amount of content will depend on what type of group it is – therefore…

- You'll want to think through whether you'd like this to be a support group format, a process group, a psychoeducational group, or a mixture of these…

- You'll need to set a day/time. Certainly, most people will be able to attend in the evening. Generally, you can get people to commit to therapy groups that are 8-12 sessions/weeks. Also generally speaking, you'd want 1 ½ hours – 2 hours for each session.

- Plan to have an individual session with potential members before the start of the group so you can screen out folks who are not appropriate. Generally, people who are actively suicidal, paranoid, schizophrenic, or have other thought disorders are not considered appropriate for group settings.

- Use the ECC group contract with your members. You would go over this with them and have them sign it during your individual meeting with them.

- Price is up to you. I'd recommend around $65/session give or take. Importantly, they pay whether or not they attend.

- Once you have an idea of the topics you'd consider, you'd set up how many sessions you'd have the members commit to. At the end point, you can open up the group to more members, let members out, and/or give them the option of continuing on.

- When we have a basic idea of what's going to happen, we can start talking marketing. ECC has a mailing list that we can send information to. You will also want to speak with each of the ECC therapists to find out if they have any clients that might benefit. You'll generally want 6-8 weeks to market. Also, plan for time to do individual screenings.

- For marketing materials, we'll need to know the following:

    o Group title
    o Who it's for
    o Benefits of attending the group
    o When it will be held
    o How many sessions
    o Approximate start date (even just knowing the starting month is fine)