



GROUP COUNSELLING

→ *If you have been referred for group counselling and you feel intimidated, please refer to these questions. They may help you to overcome your fear of group counselling.*

REMEMBER

For assistance and connection to appropriate agencies, please speak to your family doctor. They can also make a referral to a behavioural health consultant. The behavioural health consultant will provide support and guidance in getting you the services you need.

HELPFUL RESOURCES

Alberta Health Services
Addictions Helpline, 24 hour
support & information:
Toll-free: 1.866.332.2322

Please talk to your
family doctor about
PCN services.

edmontonsouthsidepcn.ca

QUESTIONS

Will confidentiality be maintained?

Participants may be asked to sign a confidentiality agreement. The agreement states that members of the group will not share information about what is said in the group or disclose group members' identities outside of the group. The facilitator can help resolve any other doubts you may have.

Is group counselling preferable to individual counselling?

In some cases, people dealing with mental issues or psychosocial stressors feel abandoned with their struggles. Being in a group helps them understand that others share the same feelings, the same beliefs and the same experiences. This reduces their feelings of isolation. People who attend group counselling are pleasantly surprised to learn how much they have to offer others struggling with similar problems. This can increase a person's own self-esteem. Many group participants find they learn just as much from other

participants as they do from group facilitators.

What happens once the group is over?

When the group session is over, some participants will continue to meet on a less formal basis. Friendships are often created in groups. Some groups are set up to include follow-up after the session is completed. This allows participants to keep in touch. These are voluntary counselling groups.

Do group members have to share personal experiences?

In the beginning, you may feel very uncomfortable sharing personal experiences. However, building relationships is a key part of the group process. Cautious members may find they feel safe in sharing some personal experiences. Wrap up takes place at the end of the group to ensure people have found a way to deal with the painful experiences they may have shared.