



# Group Therapy at CAPS

Getting started and what to expect

# Step 1: Reach out!

Call CAPS at **703-993-2380**

or

Come visit us in **SUB1** on the 3rd floor (suite 3129)

When you call or enter our suite, you will speak to our wonderful front desk staff. You can say:

"Hi, my name is \_\_\_\_ and I am interested in group therapy."

## Step 2: Check in!

You will then **meet with our "check-in" coordinator** for a brief (5-10 minute) conversation/triage assessment.

Be sure to tell this clinician you are interested in group! They can start to ask you some group-specific questions to get more information about what you are interested in and which group might be a good fit.

# Step 3: Get Screened!

If you and the "check-in" coordinator determine that group could still be helpful given your needs, you will be scheduled for a **group screening** with the co-leaders of the group you chose.

This is a 30 minute appointment, where you:

- 1) get to meet the co-leaders
- 2) ask them questions or raise concerns you might have
- 3) hear about the group
- 4) talk through your group therapy goals
- 5) determine if group therapy would be a good fit for you this semester\*\*\*

**\*\*\*Please see "Considerations" on the next page**

# Considerations

Please note that while we would love to invite everyone to participate in group therapy, there are unique considerations we as mental health clinicians are assessing for during your check-in and screening that help us determine if group may or *may not* be a good fit for folx at this time.

For example, if you find that you are often in acute distress or you struggle with significant substance use, we may recommend more individualized care to help you get through this difficult time *before* you participate in a group.

Not sure if group is a good fit? That's ok! That is what the screening is for. Even if group is not a good fit for your needs right now, we will help you find what you need!

# Step 4: Get your group on!

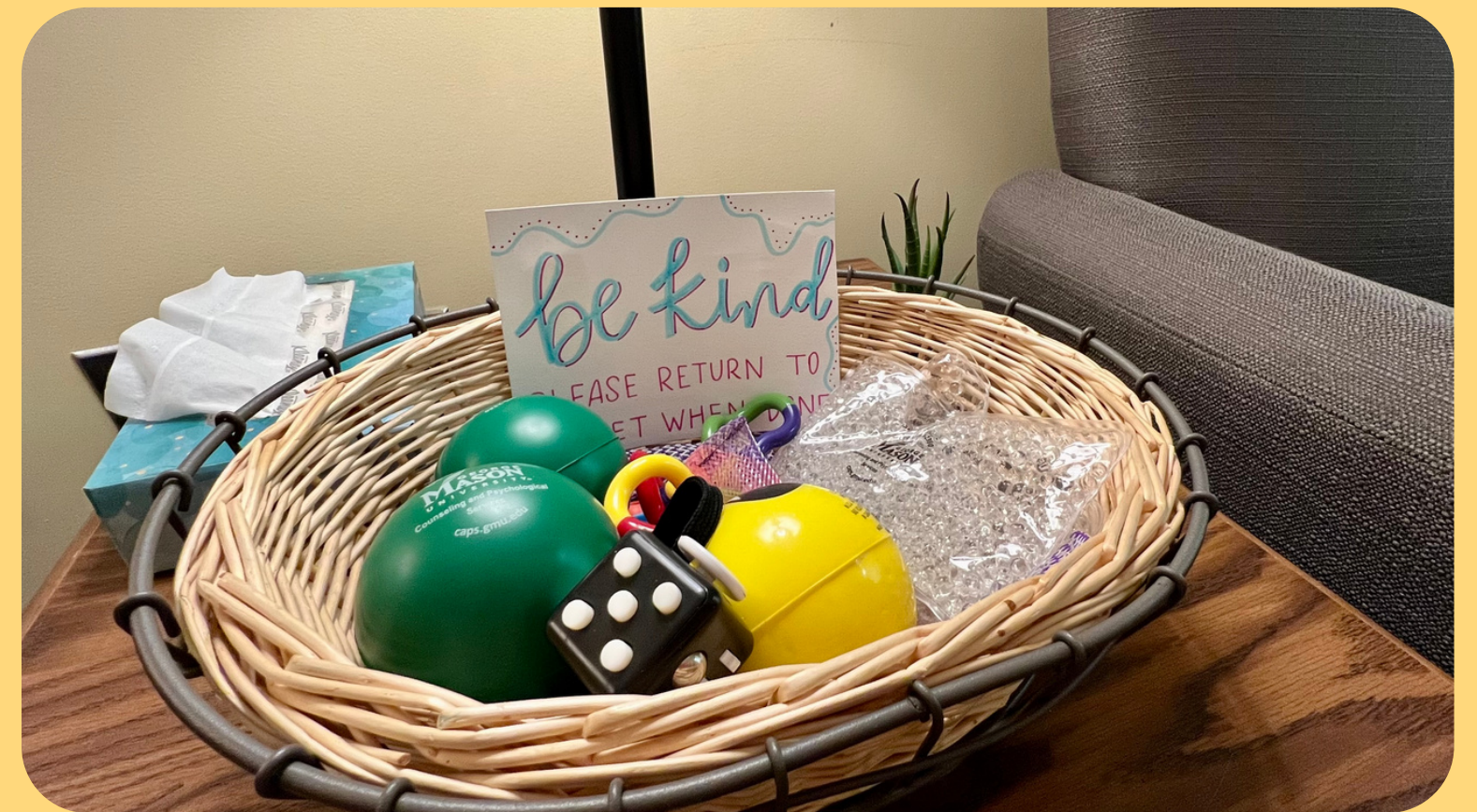
If group is determined to be a good fit AND you agreed to participate, then the only thing left to do is start your group journey!

While group therapy can be scary to think about doing, the vast majority of our students have reported positive experiences, with many who return for group throughout their time at Mason!

# Still need convincing?



**We've got comfort!**



**We've got top tier fidget toys!**

**We hope to see you soon!**