

Why is group therapy useful?

Joining a psychotherapy group is useful because it provides opportunities to learn with and from other people, to understand one's own patterns of thought and behavior and those of others, and to perceive how group members react to one another. We live and interact with people every day and often there are things that other people are experiencing that can be beneficial to share with others. In group therapy, you learn that perhaps you're not as different as you think you are or that you're not alone. You meet and interact with people and the whole group learns to work on shared problems.

What about fees?

The initial individual screening appointment is billed as an initial evaluation. Insurance plans vary in mental health coverage and our financial staff can assist you in determining the cost for your family. Some insurance policies cover group treatment and some do not. Currently, we have a sliding fee scale for group and families pay \$0 to \$36.00 per session. Individual meetings with families to review progress are typically scheduled at the midpoint and completion of group. Additional sessions can be scheduled as needed and the cost of the sessions again varies based on a family's insurance plan.



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To find out more information contact:

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**University of Rochester
Medical Center
Strong Behavioral Health:
Child and Adolescent
Outpatient Services**



**Child and
Adolescent
Group
Psychotherapy
Program**

Our groups:

We have groups for children and adolescents and groups are formed to meet the developmental needs of each child. Our groups usually run for 12 weeks and meet weekly for 50 minute sessions. For the benefit of school-age children and adolescents our groups are held during after school hours. Our groups vary in size from 3 to 7 based on the needs of each participant; and groups have either one or two group leaders. We generally run separate groups for boys and girls. It is important for participants to attend each group because each new session builds on information from the previous sessions and the group benefits from the presence of each group member.



If someone is in group, do they also need individual therapy?

Sometimes group therapy is used as the main or only treatment approach and sometimes it is used with other treatment approaches such as individual treatment and parent consultation. Often people find that group and individual therapy whether at the same time or sequentially stimulates growth in mutually complementary ways. Clients may have the same or different therapists for individual and group therapies. If your child is currently in therapy, we encourage you to ask your child's therapist about the type of therapy that will best meet his or her needs

The Types of Group We Offer:

- ✦ Social Skills Groups
- ✦ Coping Skills Groups
- ✦ CBT Depression Groups
- ✦ CBT Anxiety Groups
- ✦ Anger Management Groups
- ✦ DBT Skills Groups (adolescents)
- ✦ Groups for Children and Adolescents with Bipolar Disorder
- ✦ Coping with Medical Challenges
- ✦ Groups for Children and Adolescents in Foster Care
- ✦ Sexual Abuse Survivors Groups
- ✦ Parent Power Groups
- ✦ Multi-Family Groups

How do I get my child into a group?

The first step is to complete a phone screen by calling the clinic at 279-7800. This is to see if our group program is likely a good fit for your child. Background information and your concerns about your child will be gathered. If your child has not had a previous mental health evaluation, then one will be included as part of the group intake process.

Following the phone screen, children and adolescents and their parent(s) are invited for an individual appointment if group treatment may be beneficial. This session is typically 60-90 minutes long for new patients. During the session, a group therapist will provide information about group therapy and learn about the child's strengths as well as areas of concern. Two or three specific goals will be established and expectations regarding group participation are outlined. We then match children for specific groups based on strengths and goals, so that the group provides an optimal therapeutic environment. Therefore, some children start group treatment soon after the screening appointment while other matches take longer. We offer a wide range of social skills groups in order to accommodate participants at varying levels of functioning.