



KIRSTEN HEYNISCH

**Clinical Psychologist, CPsychol.
Group Analytic Psychotherapist & Qualified Supervisor
Accredited Practitioner of Mentalization Based Therapy (MBT)**

Joining an Analytic Psychotherapy Group

Joining an analytic group involves making a commitment. It is important for your own progress and for that of the group as a whole that you attend regularly and absences should only be in exceptional circumstances. If you have to be absent for any reason it is preferable to discuss this in advance with the group. If absences need to be at very short notice please make sure to let me know.

Time and frequency: the group sessions are weekly and last for one and a half hours. The group will start and end promptly.

Distractions: another potential distraction to the group is the presence of mobile phones. We ask that mobile phones and other electronic devices are switched off before the group starts to avoid interruptions during the group.

Also, eating and drinking or leaving the group during the session is discouraged, again to enable the setting to be as free from distraction or interruption as possible.

Meeting outside the group: relationships in the group tend to become intense and regularly involve confidential matters. It has been found that meetings or other contact between group members outside the sessions detract from the therapeutic process. If by chance, you do meet other group members outside the group it is better to keep contact brief and then to mention the meeting in the group so that all know that there is an equal expectation that all outside contacts, including with the therapist, are brought back into the group and shared.

Ending: When the time comes to leave the group it is helpful to give the group and therapist a period of notice about when you plan to leave the group. A minimum of one month's notice or longer, is advised.

Confidentiality: all matters discussed in the group should remain confidential to the group. Confidentiality is essential in order to keep the group a safe and containing place for all.

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