



ONLINE GROUP ANALYTIC PSYCHOTHERAPY - New Starting 2023

Wednesdays, 7.30 – 9pm (GMT)

Dear Group Member,

Starting a group may be a new experience. You will need to make certain arrangements to accommodate this particular type of therapeutic group into your week.

This group is offered online, for 90 minutes on a weekly basis. There will be up to eight regular members. Each group member will meet with me several times, before joining the group. You can enter the group at your own pace; when you feel ready. The commitment is for one year initially.

Please use a quiet room with full privacy and no interruptions. Group members are encouraged to log into zoom, 5 minutes before the group starts. It is important to arrive on time and remain for the entire session. Recording of sessions is not permitted.

Groups are confidential and so, you must keep confidential the identities of group members and all that they share. If you chose to share details of your own group experience, I encourage you to do so in a way that does not potentially reveal the identity or any personal information about other group members. For the group to work effectively, you are encouraged not to meet or communicate outside of the group. This includes avoiding contact via social media. If there are interactions between group members this should be brought back into the group for discussion.

The fee is typically £100 per month; payable one month in advance. Prices may vary between group members. I use a slide scale for calculating fees and ask that people pay what they can afford. If you miss a session, you will still need to pay. This is part of your ongoing commitment to the group. We will take breaks at Christmas, Easter and during the month of August. Individual sessions for group members are £50. Group members have a minimum of two individual therapy session before starting the group.

Endings are important. I ask that you give a minimum of one month's notice before ending therapy. If for some reason you are unable to attend further sessions, I ask that you contact me to communicate this so that we have a shared understanding about the ending.

I look forward to seeing you in the group.

Sincerely, Aisling Fegan, group analytic therapist.