

Lisa Kays Psychotherapy

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Overview of Group Therapy with Lisa Kays

Oftentimes in therapy, we are working to address issues surrounding our relationships, whether romantic, professional or with friends or family. Often we have difficulty finding relationships that feel rewarding, or getting into relationships at all. Perhaps our relationships are repeatedly riddled with conflict or with distance for reasons that we cannot understand on our own.

The power of group therapy, as I understand it and conduct it, is to have a safe space to explore with others how we are perceived, how we behave in relationships, and how we can practice doing relationships differently in order to achieve more meaning, satisfaction and support. In group therapy, where members have no ties to one another outside of the group and therefore no ulterior motives other than helping one another to grow and achieve their interpersonal goals, members find that they receive and give genuine, authentic feedback and, in doing so, learn how to create genuine, honest relationships outside of the group. Group therapy is often a “fast track” to therapy results as feedback is provided not just by one therapist, but by multiple people with different points of view, which can help you get a rounded, nuanced picture of how you are viewed by others.

My groups are sometimes co-facilitated with another trusted therapist.

Basic expectations of group therapy:

- Each participant will pay the weekly fee for group therapy whether they are in attendance or not. Group therapy is similar to renting a space in a group, and therefore fees are paid even if the participant must be absent.
- Groups are open ended, meaning that members may stay for as long as they wish, and depart the group when they wish. It is expected that if a member wants to leave the group, he or she will discuss this decision and say farewells to group members for a meaningful amount of time, usually anywhere from two weeks to a few months, depending on the individual’s duration in and relationship with the group.
- All members are expected and agree to maintain the confidentiality of everyone in the group and to refrain from discussing names or details about other members with people outside the group.

I understand and agree to the above expectations as part of my commitment to joining a process group with Lisa Kays.

Signature _____

Date: _____

Or, to learn more about whether a group might be a good fit for your goals in therapy, please feel free to contact me and schedule an assessment interview.