

How to Get Started If you feel that you or someone you love might benefit from group therapy, begin with the following steps: Consult with a physician for a recommendation of the best type of group therapy for your condition. Consider your personal preferences, including whether an open or closed group therapy session is right for you. You may also choose to explore group therapy online. Contact your health insurance to see if they cover group therapy, and if so, how many sessions they cover per year. Before joining, think about whether you want to participate in an open or closed group. If you would prefer an open group, you can likely join in at any time. For closed groups, you will likely have to wait until a new session begins. 10 It is also important to consider whether group therapy will be sufficient on its own or if you need additional assistance in the form of individual and/or medication. Talk to your doctor or therapist to decide what treatment approach is right for your needs