

Group Therapy at Wonderologie

Group therapy is a great opportunity for children to connect with peers, learn more about themselves and their experiences, and build skills in a safe, supportive environment. Each group is facilitated by a licensed therapist who is dedicated to creating a positive, engaging, experience for every participant.

Various Groups: Groups are typically organized by age and presenting concerns. Before placing your child in a group, we may ask questions to ensure they are matched with the group that best fits their needs.

Group Schedule: Groups meet once a week for 50 minutes. Some groups are ongoing, while others are offered as 8-week sessions.

Getting to Group:

- PLEASE arrive on time to the group AND have your child use the restroom before group (the codes are in the waiting rooms).
- Be curious about the office and the therapist. Feel free to engage your child in a fidget or stuffie.
- Make your goodbye quick and confident.
- Pick-up will be in the waiting room. The therapist will bring all children to meet you when session is over.

An email is sent home after each group to help you engage your child in conversation about the day. For confidentiality, we do not share what children say but rather topics and activities along with tips for parenting. If you have concerns about ANYTHING, email your therapist at least an hour before group begins.

Typically, children in our groups LOVE it and don't want to stop! We attempt to have openings in subsequent and/or ongoing drop-in groups for children to continue after they complete an 8 week group; ask your therapist for more information on this! Our practice is typically full for individual therapy sessions during the afternoon/evening hours. Your group therapist *may* recommend that your child see a therapist individually. We can provide referrals to local child therapists but cannot guarantee that they will have availability. Occasionally we can offer your child a daytime appointment.

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Groups are paid IN FULL prior to the group start date. At the end of the group, your Simple Practice portal will contain a superbill (generated after the 2nd of the subsequent month) that you can use to submit to your insurance company. Please note that not all group therapy is covered by insurance.