

## Men's Circle FAQs

You may schedule a 15-minute consultation with Dr. Çek, free of charge, to obtain more information and see if this may be a good opportunity for you.

### **1. When does the men's group meet?**

The men's group runs in 12-session cycles via teletherapy. A cycle begins once we have 6-8 individuals committed to the group. The day and time of the group is determined based on group members' availability.

### **2. Do I need to commit to all 12 sessions?**

You will get the most out of the group if you attend all 12 sessions.

### **3. What if I have a prior commitment and I need to miss some of the sessions?**

You can miss one session by providing advance notice but if you need to miss two or more, we suggest that you wait until the next cycle to join the group.

### **4. Is this a closed group?**

Yes. Once we start a 12-week cycle, the group is closed. New members need to wait until the next group cycle.

### **5. What is the cost of group therapy?**

If your insurance plan covers group therapy, you will be responsible for your co-payment. If you are paying out of pocket, the cost is \$50 per session.

### **6. Do I need to be in individual therapy while participating?**

Individual and group therapy can complement each other so you may see added benefits of participating in both concurrently. However, it's not a requirement.

### **7. Is this appropriate for a first-time client wanting to try therapy?**

If you are interested in learning how to build better relationships and increase emotional intimacy in a group setting, yes!