Therapy Changes
*Focused guidance when you need it most.*

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# Modern Men's Group

The Modern Men's Group at Therapy Changes is not therapy. This is a supportive group for men who are interested in gathering together to discuss and explore how to be more purposeful, confident, and authentic.

## Group Assumptions

Group is a safe and nonjudgmental place for men to learn to understand themselves and their relationships better and explore ways to freely express themselves. The group is based on the following assumptions, derived from Dialectical Behavior Therapy.

1. People are doing the best they can.
2. People want to improve.
3. People need to do better, try harder, and be more motivated to change.
4. People may not have caused all their problems, but they must solve them anyway.
5. New behavior must be learned in all relevant contexts.
6. All behaviors are caused.
7. Figuring out and changing the causes of behavior works better than judging and blaming.

## Group FAQ's:

Q: When does the men's group meet?
A: The Modern Men's group meets virtually for 6 weekly sessions. The day and time of the group meetings will be provided when scheduling your consultation.

Q: Do I need to commit to all 6 sessions?
A: Group members are asked to attend all 6 sessions for maximum benefit. We understand that life happens. Talk to your group facilitator if you have concerns about your attendance.

Q: Is this a closed group?
A: Group enrollment is closed after the second session. New members can join the next group series.

Q: What is the cost of a group series?
A: The cost is $450 per series. Group series are not billable to insurance companies and considered a non-covered service.

Q: How do I learn more?
A: You can schedule a 15-minute consultation with the group facilitator, free of charge. Please contact us to schedule your consultation. We look forward to hearing from you.