

Spectrum Treatment Groups

Frequently Asked Questions

What is expected of me?

Joining the group will involve a commitment to attending all the sessions you've enrolled for; additionally we ask you come to groups with a willingness to join in. We also encourage group members to practise skills learned outside of sessions. It's expected all participants will share some of their personal experiences, thoughts and feelings for the purposes of working through problems and making progress. This sharing can, at times, be challenging. In order to maintain group safety group members are required to follow a set of established group norms.

You will need to be able to travel to the group location each week.

Where are the groups held?

Depending on demand Spectrum operates groups each week in the east and west of the Melbourne metropolitan region. East groups are run in East Ringwood. West groups are run in Footscray. From time to time Spectrum runs treatment groups in other locations in Victoria

How do I start?

Before you start Spectrum group treatment, you will have a full assessment with an experienced Spectrum clinician (see steps below). If accepted for Spectrum treatment you will usually have a Spectrum individual therapist or care coordinator appointed. Your Spectrum therapist or coordinator will work closely with others in your treatment team including your case manager, GP, psychiatrist and/or counsellor. Spectrum sees this team as your 'support people'. These people will play an important part in supporting your progress and may also be available to you for skills coaching during difficult times. It is important you are seeing your 'support people' regularly throughout the time you are attending Spectrum Treatment Groups. Spectrum will provide regular feedback to your 'support people' for the duration of your engagement in Spectrum treatment.

What other supports will help me?

From time to time you may feel vulnerable during and/or after groups. Spectrum group therapist will support you during group time as much as possible. Outside of group hours, your usual crisis plan, developed with your Area Mental Health Service case manager/clinician, will outline your immediate supports. Through your Spectrum therapist or care coordinator you will have access to other Spectrum services that may provide additional support for short periods of time; they can discuss these services with you.

Can I come to more than one Spectrum group?

Yes, so long as you have been accepted for Spectrum treatment, it is agreed that you would benefit from more than one group and you can commit to attending all the group sessions.