

Women's Empowerment Group Frequently Asked Questions

What is the Empowerment Group?

This is an ongoing group therapy experience focusing on personal growth for women. Key areas of interest are:

- Being assertive to meet your needs
- Setting appropriate boundaries
- Enhancing self-care and wellbeing

What do group meetings consist of?

The group begins with members checking in with each other about how they are doing in general and with progress toward goals. The remainder of group time is focused on group discussion or individual sharing and problem-solving time. Ideas and feedback from others can add a new and fresh perspective—as well as provide support.

Do I need to be seeing a therapist in The Everett Clinic Behavioral Health department?

It is best for you to be seeing an Everett Clinic therapist for better coordination of your overall care. However, you may continue to see a therapist outside of the Clinic if you prefer. If you have not recently seen a therapist, you will need to schedule a visit prior to joining the class to complete an intake interview.

Does insurance cover the workshop?

A portion of the fee is covered by most insurance plans. Each session is billed as group therapy. You will need to check in with your insurance to confirm your coverage for cover group therapy.

Does Medicare cover the workshop?

Usually yes, please call our office for help at 425-339-5453.

I'm nervous about attending. Any tips?

Many people feel nervous at first, but most feel comfortable fairly quickly. Others in the group are nervous as well! We encourage you to attend at least a few times to see how it works before making a decision.

What should I bring to each session?

You are always welcome to bring a notebook and pen for taking notes. Handouts will be shared from time-to-time and you might want a folder or binder to keep them in.

What if I can't make it to a session?

Please let us know at 425-339-5453 with at least 24 hours' notice to avoid a late cancellation fee.