



SAYING THE *UNSAID FAQ'S

MORE QUESTIONS?
LISTEN TO OUR
PODCAST.

These process groups are an experiment in transparency. See our [Group Rules](#) for more guidance.

01. HOW BIG ARE THE GROUPS?

Between 4-10 people, not including the leaders.

02. HOW LONG ARE THE SESSIONS?

1 hour 20 min per session once a week over Zoom

03. HOW MUCH DOES IT COST?

\$100/80 min. for co-led groups & \$80/80 min. for solo-led groups (expected to pay for every session, including absences)

04. HOW LONG DO THEY GO FOR?

The weekly groups are ongoing and we require 2 weeks notice before leaving, which means you're committing to a minimum of 3 weeks.

05. THIS SOUNDS TERRIFYING.

It is! And invigorating, and survivable. The goal is for you to say, by the end,



"I'VE NEVER BEEN HERE BEFORE. I FEEL CLOSE TO THESE PEOPLE. THIS IS NEW AND EXCITING."

06. IS CONTACT WITH OTHER PARTICIPANTS ALLOWED OUTSIDE OF GROUP?

No, including social media. But you can share all desires to do so within the group hour.

07. WHAT IF I HAVE TO MISS A MEETING?

We ask you to pay for all sessions, including absences.

08. IS THIS FOR EVERYONE?

No. We can help you determine that. If you're curious or concerned, let's talk.

09. AREN'T WE NOT SUPPOSED TO JUDGE OR MAKE ASSUMPTIONS?

We are constantly doing both. The options are to acknowledge the judgements or disavow them, and when we disavow them we unconsciously act them out.

10. IS THIS A THERAPY GROUP?

Process groups are not therapy groups. There is no diagnosis or specific treatment plan for symptom reduction.

11. YOU'RE NOT SUPPOSED TO 'SAY THE UNSAID' ALL THE TIME, RIGHT?

Right. But most of us could do it a lot more. And it's necessary for relationships where you want intimacy and closeness,

THIS IS GOOD FOR PEOPLE WHO WANT TO:

1. ACCESS FEELINGS
2. MAKE THEM INTERPERSONAL
3. TOLERATE DISCOMFORT
4. BE SURPRISED

START

12. WHO IS THIS BEST FOR?

People who

- struggle with perfectionism, conflict avoidance or compulsive politeness,
- want to get more in touch with their dreams, anger, sexuality, and intuition
- are bored, lonely, or stuck in their relationships
- want to experiment with taking off their mask and find out how others perceive them

