



Xplor Counseling, LLC is happy to announce the offering of several group counseling options:



Image Courtesy of Google Images

Anger Management

- Offered **via Zoom** for 12 sessions online
- 12PM until 1PM on every other Monday, beginning on April 18, 2022

Military Family Stress Processing:

- Specifically aimed for military families, or anyone else impacted by military stress
- **Offered via Zoom** for 12 sessions
- 4pm until 5PM Mondays, beginning on April 11, 2022
- Active-Duty members will need a referral, but family members do not

Insomnia Support:

- Aimed to support anyone struggling with getting a full night's rest
- **Offered via Zoom** for 6 sessions
- 7PM until 8PM Mondays, beginning April 11, 2022

Key Points of Interest

- Facilitated by fully licensed clinician(s), referencing nationally recognized curriculum / resources.
- Clients will need an initial individual session first to comply with billing rules (lasting from 30 to 60 minutes).
- Clients should contact our intake department to check insurance status and get paired with a Clinician for individual session.
- Minimum of 4 clients needed to continue the group by one week prior to the start date, or the group will be cancelled.
- Clients should be willing to commit to attending each session on time and for the duration.
- Privacy, consent, etc. will be reviewed prior to attending group (one reason why contacting intake ahead is strongly encouraged)
- If there is an intern or unlicensed counselor involved, they will be directly supervised by a fully licensed clinician at all times and are bound by the same privacy laws as the staff
- The following insurances are accepted within our practice:
 - HMSA PPO/HMO, UHA, Tricare, HMAA, HMSA Quest
 - Co-Pays vary per plan (clients should contact intake at least 2 weeks prior to start dates of groups so billing and schedules can be arranged smoothly).
- Those electing to self-pay and not bill insurances, the rate of \$40 per group session is payable at least 3 days ahead of each session.
- Local agencies who wish to send clients to these groups and contract/fund them should contact Dave to discuss options.
- All groups are capped at a maximum of 12 attendees per group.
- **For questions**, contact Dave Sprouse, Assistant Director at: Dsprouse@XplorCounseling.Com or 808-400-6156
- Once all questions are answered and clients are ready to proceed, they can contact intake M-F from 9AM until 4pm at 808-941-9648