

Group Therapy	12 – Step Meetings
Group process based on group members' needs	Focus on 12 Step Recovery
Weekly attendance required	No uniform attendance requirement
90-minute meetings	Meeting length varies (typically 60-90 minutes)
Group therapist facilitates group	No formal facilitator
Closed group (same group-members attend weekly)	Drop-in groups (different people attend each meeting)
12-step involvement not required	12-step involvement required
Feedback and discussion encouraged as part of group process	No feedback (i.e. <i>cross-talk</i>) permitted during meetings
Most clients have therapy experience	No therapy required
Typically 6-10 groupmembers	Unlimited number of attendees
Therapist is a paid professional	Sponsorship = <i>being of service</i>
Group process based on current needs of group members	Highly-structured (follows specific meeting format)

(Comparison/Contrast based upon the experience of Andrew Susskind)