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About Group:

Group is an environment to gain support, learn to deal with relational issues, and explore “who you are” within relationships. By coming together with a group of people, you will have the opportunity to both engage others as well as gain greater insight into your thoughts, feelings and needs.

Below are a set of guidelines to ensure that your experiences within the group will be positive, rich and beneficial.

Group Guidelines:

1. **Commitment:**

Group is often challenging and can be particularly uncomfortable in its earliest phase. In general, each member requires a period of time to develop the sense of safety and security required for personal growth. In order to evaluate your group experience and its potential benefit, I strongly encourage you to make a commitment to attend a minimum of twelve sessions.

2. **Confidentiality:**

It is extremely important that you refrain from discussing information about the group to non-group members. This privileged information includes any identifying information about group members, or any content from group sessions. Confidentiality is a fundamental aspect of this agreement.

3. **Participation:**

One of your main tasks as a group member is to make an effort to participate equally with other group members, using a fair share of the time. At times, this may feel like a risk. If you feel hesitant or unsafe, discuss your feelings of hesitation with the group. Explore your reservations.

4. **Putting thoughts, feelings and experiences to words:**

The main task of the group will involve allowing yourself to be affected by the other members and being willing to talk openly and honestly about your reactions as you become aware of them. This includes sharing your internal experiences – what feelings and thoughts are moved by group events – as well as providing feedback to group members. – sharing your thoughts and feelings about other group participants.

5. **Out of group interaction:**

Occasionally, group members feel drawn-to or attracted to one another, want to spend time with one another outside the group, or develop special relationships. A special relationship is one that only certain members of the group participate in, while others do not. These relationships have an impact on group safety and communication. Should you choose to interact with members outside the group, you are required to discuss any and all salient aspects of the relationship with the group. It is important that the members of the group do not hold ‘secrets.’

6. **Attendance**

Regular attendance is critical to a successful group experience. By paying for group, you are reserving your membership. You will be charged for all sessions where the group meets. On the days that group is not held, such as holidays or when group is cancelled, you will not be charged. Please inform the group well in advance of any sessions that you know you will have to miss. If you have to unexpectedly miss a group meeting, please contact me so that I may inform the group.

7. **Termination:**

When you are ready to leave the group, allow the group to participate by leaving ample time (at least four meetings) for yourself and the group to say good-bye, express their feelings about your departure, as well as deal with other issues that come up regarding termination.

8. **Fees and payment:**

The fee for each group is \$50 per session, and is to be paid at the beginning of every month. Group provides you with an opportunity to explore many things, including your feelings about money. I ask that you discuss any change to your payment agreement – reduced fee, or inability to pay on time – with other group members towards this goal of exploration.

9. **Time:**

Please arrive promptly. Beginning on time establishes trust, safety and consistency.

10. **Acknowledgement of self-care:**

Group can be a deeply challenging experience. While it is important that you feel that group members are available to support you, it is equally important that you have other resources available. Your commitment to and involvement with self-care activities – including individual psychotherapy – is to be discussed and explored with other group members. Ultimately, it is important that your fellow group members know you have the ability to take care of yourself.

I HAVE READ AND AGREED TO THE ABOVE GUIDELINES

NAME _____

DATE _____