

## **GROUP INFORMATION AND GUIDELINES:**

A psychotherapy group is a safe and confidential place to explore and deal with relational issues such as intimacy, assertiveness, trauma, loss, depression and anxiety.

Process group therapy is an interpersonal learning laboratory. In group, you learn to express your feelings, witness the impact of your behavior on others, and get feedback from group members. Group is also a place for to receive support from people who have similar struggles.

You may reveal intimate aspects of yourself to the group but it is not a forced confessional and people have different rates of developing trust and sharing. I urge you to use the group as a forum for risk taking and when you trust the group, to try different behaviors in this setting. The best way you can help yourself in this group is to be honest about your feelings toward the other group members. Your interpersonal growth in group inevitably leads to growth in the “real world”.

Working on relationships directly with group members is not easy. There will be stumbling blocks: You will feel puzzled and discouraged, especially at early meetings. It may not be apparent about how working on group problems can be of value. But I can't stress enough how important it is to stick around, even in the face of frustration and disappointment because it is through this process that you will grow. And growth is gradual. For this reason, I urge you to stay with the group and to ignore the inclination to leave the group before giving it a chance- for a minimum of four months. Please give the group adequate notice should you decide to leave the group. This allows for a completion process for you and other group members. There will be four to eight members in the group, and members will enter at different times. It is likely that you will have reactions to people entering (or exiting) the group; this will likely bring up transitions in your own lives, and the group will be a place to process these feelings.

In your individual therapy, there may times when group dynamics will be brought up. There might also be times in group therapy when individual issues are brought up by the therapist. Please let me know if there are any

issues/areas in your life that you do NOT want me to discuss in the group setting.

**Group Guidelines:**

Everything that happens in the group is confidential. Information about the group-including members' names and what is discussed -may not be revealed outside of the group. This insures a safe environment for all members to express their thoughts and feelings.

Sometimes group members will be attracted to each other in various ways. Special friendships among group members outside of group prevent them from speaking openly during sessions. Growth results if these feelings are brought up in the group and not outside of it. If by chance you do meet outside of the group it is your responsibility to discuss the salient aspects of that meeting inside of the group.

The group is ongoing and meets \_\_\_\_\_ \_\_\_\_\_. The group starts on time and promptness will help establish commitment and trust within the group. Because regular attendance is necessary, you will be charged for more than 2 absences. The fee is \$75/session and is paid at the beginning of each month. If you cannot attend a particular meeting, please leave me a message in advance so I can inform the group.

**I HAVE READ AND AGREED THE ABOVE GUIDELINES**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_