

Group Contract

1. The group member agrees to a commitment of eight (12) group sessions. Regular weekly attendance is expected unless there is an emergency, serious illness or you have made arrangements that cannot be changed before the group commenced. The group member is asked to tell the group of planned absences at least one meeting ahead. The group member will come on time, and remain throughout the meeting. If the group member is unable to attend, he or she is to call with a minimum of twenty-four (24) hours notice, and give the reason for their absence. Irregular attendance or frequent lateness is discouraged as it affects the group's cohesiveness.
2. It is very important that things talked about in the group are not repeated outside. A member may want to discuss their experience with people close to them, but even in that case it is important not to use other members' names or specific information. Please respect the confidentiality of others as you would want them to respect yours.
3. The group member is asked to work actively on the problems and issues that brought them to group.
4. Socializing between group members outside of group is discouraged, as it tends to lessen the effectiveness of group therapy. If there is contact between members outside of group, it is best that this will be shared with the group at the next session to maintain openness. This group may include a listserv like group process center to use between sessions. It is understood that use of the listserv as part of the group hold to the same confidentiality rules as the group.
5. Group work is understood to involve reference not only to history, but also to the "here and now" of the group process.
6. The group member will trust the therapist's discretion concerning bringing up information in group known by the latter from outside group. In practice, however, the therapist will not do the member's work for him or her. It is the member who is responsible for bringing issues up in group. Confidentiality issues between therapist and the group otherwise remain the same as in individual therapy.

Signature

Date