

GROUP THERAPY INFORMED CONSENT

Welcome to your group experience!

Group therapy can be a powerful and valuable way to grow and learn more about yourself. It is the desire of your group facilitator(s) that you reap all the benefits group has to offer. To help this occur, groups are structured to include the following elements:

- A safe environment in which you are able to feel respected and valued as you work
- An understanding of group goals and group norms
- Investment by both your facilitator(s) and members to produce a consistent group experience

A SAFE ENVIRONMENT

A safe environment is created and maintained by both the facilitator(s) of a group and its members. Primary ingredients are mutual respect and a chance to create trust. Another primary ingredient for a safe environment has to do with confidentiality. Your group facilitator(s) are bound by law to maintain confidentiality, as group members are bound by honor to keep what is said in the group in the group. We realize that you may want to share what you are learning about yourself in group with others. This is fine as long as you remember not to talk about how events unfold in group or in any other way compromise the confidentiality of other group members, such as using names or other identifying information.

GROUP RULES

It is the responsibility of each group member to follow the following rules as decided upon by the group:

- Keep what is said in group confidential
- No talking over others
- Being respectful and kind to other group members
- To attend every meeting and if we cannot, let the therapist know
- To try our best to participate

LIMITS OF CONFIDENTIALITY:

- If you are a threat to yourself or others (showing suicidal or homicidal intent), your facilitator(s) may need to report your statements and/or behaviors to family, your therapist, or other appropriate mental health or law enforcement professionals in order to keep you and others safe.
- There are a broad range of events that are reportable under child protection statutes. Physical or sexual abuse of a child will be reported to Child Protective Services. When the victim of child abuse is over age 18, reporting is not mandatory unless there are minors still living with the abuser, who may be in danger. Elder abuse is also required to be reported to the appropriate authorities.

ATTENDANCE

Your presence in group is highly important. A group dynamic is formed that helps create an environment for growth and change. If you are absent from the group this dynamic suffers and affects the experience of you and other members of the group. Therefore, your facilitator(s) would ask that you make this commitment a top priority for the duration of the group. It is understood that occasionally an emergency may occur that will prevent you from attending group. If you are faced with an emergency or sudden illness, please contact your facilitator(s) before group begins let them know you will not be present. Our company 24 hour cancellation policy applies to group sessions, where if you cancel your group session with less than 24 hour notice, you will be charged the \$25 fee.

I have read and agree to abide by these rules and provisions above and to discuss any questions and concerns I may have at present or in the future with the therapist(s).

My signature below indicates that I give informed consent to receive group services as described above:

Client Print Name

Signature

Parent/Guardian Print Name

Signature

Therapist Print Name

Signature

Date: _____