

Group Therapy Policies

The following are policies which apply for participation in group therapy with me:

1. Commitment. I ask that you make a commitment to attend the group for at least three months. It takes some time to get acquainted and to build trust in a group, so do not be concerned if you feel uncomfortable at first. This is normal. However, it is a good idea to bring up uncomfortable feelings in the group. If you have any concerns about what is happening in group or your feelings about the group, please contact me immediately.

2. Confidentiality. Group sessions are confidential. You, other members and the group leaders are bound ethically not to disclose the names of any group participant.* What group members talk about or disclose is not to be discussed outside of the group. It is natural to want to share your growth and personal experiences in the group with people you care about outside of group. You can do this by sharing only your thoughts and feelings, and not revealing the personal issues of the other group participants. In Men's group, relationships between members sometimes continue to develop outside of group. If this occurs, please, do not talk about other group members outside of group. Reactions or feelings about what happens in group need to be brought up in group. If you find yourself wanting to discuss another group member outside of group, it is a good sign that you should bring this up in group. In the Mixed Gender group, I ask that participants not have outside contact with other group members.

*As your therapist I am mandated to report an eminent threat of violence toward another person to the police and to notify that person. In addition, if a client is actively suicidal I will act to prevent the suicide including calling family members as necessary or having the individual evaluated in the county mental health facility to determine if he or she is a threat to self.

3. Absences. Weekly continuity is essential for therapy to be effective. If you must miss a session, I prefer that you inform the group the week before you will be absent. If the absence is unexpected, such as due to illness, please call and let me know that you cannot make it before the group.

4. Termination notice. Termination is sometimes one of the most difficult and important parts of the therapeutic process. Ultimately the decision to end therapy is yours, but it is something that should be discussed with group before any conclusions are reached. In some circumstances people feel that they want to terminate therapy when they are about to face something that is uncomfortable, yet potentially very fruitful. To gain the most benefit from therapy I recommend at least four sessions for the termination process.

5. Group Fees. The per group fee for Mixed Gender group is \$40, for Men's group is \$45 and for Couples group is \$85 (per couple). Group fees can be either paid weekly or during the first group of each month.

I do not accept insurance for group therapy.

Your fees are for your place in the group, not for attendance. You must pay whether you absent or present.

If you have any questions or concerns about group fees you may discuss them with me at any time.

I understand and agree to the above policies and procedures.

Signature _

Date