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**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 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 three to five 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 and your spot in group is

held when you are not there, you will be charged for each session even if

you cancel.. The fee is $55/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:\_\_\_\_\_\_\_\_\_\_\_\_