

Adult Survivors of Childhood Abuse Group Therapy Agreements

Welcome! Here are the basic group agreements that each member makes when joining this group.

1. I commit to being a member of the group for 10 weeks. At the 8th meeting I will decide whether to continue in the group on a month-to-month basis. If I choose to stay in the on-going group, then I agree to give 3 weeks notice before leaving the group – in other words, I will communicate my decision near the starting time of a session and attend two more meetings before leaving.
2. I will attend each weekly meeting, arriving on time and remaining for the entire group. In those cases where this is not possible (e.g., emergencies, vacation, unavoidable circumstances) I will notify the group ahead of time -- if not possible I will try to call the group lead before the meeting time.
3. I will retain the group's confidentiality by not revealing what is said in the group to anyone outside the group (except with my therapist if I am in individual therapy). I may talk to others outside the group about my general experience in the group, as long as this in no way jeopardizes the confidentiality of any group member.
4. I understand that it is my responsibility to participate in the group and to voice my feelings, thoughts, and concerns. If feelings toward another group member interfere with my ability to participate freely in the group, I will bring this up in the group. This applies to feelings toward the group leader(s) also.
5. I understand that interactions outside of the group between group members should be brought into the next group session – as this is critical for maintaining group integrity. This also applies to conversations with the group leaders.
6. I will not gossip about other group members, but will bring up my feelings directly with the person(s) concerned during group time.
7. I will interact honestly with other group members, respecting their feelings and thoughts. I will not impose any threats of harm or physical violence.
8. I will not attend group under the influence of alcohol or drugs.
9. A 4 session deposit is required to hold a space in the group. I will pay the remainder of the 10 session commitment (6 sessions) at my first group meeting. After the initial 10 weeks, I will pay one month's fees for the sessions in that month at the first session in that month. I understand that I pay for each session, as long as I am a group member, whether I attend or not, unless the group leader is absent.
10. Group sessions will last 1 hour and 45 minutes.
11. I understand that emotional issues may come up for me in this group that I can best deal with in individual therapy.
12. I have read and understood the above.

Client Signature: _____

Date: _____

Therapist Signature: _____

Date: _____