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Thank you for your interest in my group therapy practice. Group therapy can be exciting and transformational. Please read carefully these pages of what it means to be a group member. If you have any questions please do not hesitate to ask me.

Pre-group Session

Please answer the questions below and read the following pages if you are interested in joining a therapy group. You will also need to call to schedule your 30-40 minute interview to see if your personal goals and the particular therapy group you want to join will be a good fit. This is a good time to meet the facilitator/group therapist and to go over any questions you may have in being a group member.

1. What do you want from group therapy?
2. What do you expect from other group members?
3. What are your concerns about group therapy?

It is important to take the time to understand the expectations of group therapy. For example: expectations of being a group member, confidentiality, fees/insurance, risks and opportunities for valuable learning within a group setting.

Expectations of being a group member.

Members are expected to attend and participate in each session. Members will have the freedom from undue group pressure or from the leader to participate in exercises or to disclose information they are not comfortable with to reveal. Members will have a full discussion on confidentiality. Members can leave the group but have the responsibility to other members in the group and to the leader for an explanation for wanting to leave.

Members can develop personal goals, make appropriate self-disclosure, experiment with new styles of communicating. Members can express their feelings and thoughts and receive feedback on how it impacts other group members. Members will show respect and offer genuine support to fellow members.

Some guidelines.

Some guidelines for being in a group are: to focus on the here and now, assume personal responsibility, learn to listen to others, and experiment with learning new ways to communicate in the safe environment of a group.

Group therapy is a place in which honest communication with other members is encouraged and an opportunity to learn things about yourself. Communication with other members may be stressful at times. But if one can work out one's relationship with other group members there can be great gains in transferring these new experiences in other relationships outside the group.

Group members have different rates of developing trust and revealing their thoughts and feelings. Some members will have more difficulty in direct honest here and now communication and will have a tendency to withdraw emotionally.

Group members may feel discouraged in the beginning of the first few sessions how group therapy can be a value to them. This is a normal experience. I suggest to stay with the group and not to give up.

Confidentiality

Confidentiality is essential in group therapy. For members to speak freely, one must have confidentiality to insure that what is said, remains in group. There is no guarantee that all members will respect the confidential nature of what will occur in group, even with continual stress on confidentiality (not discussing what goes on in the group with outsiders).

By law professional confidence that may include communications which involve the committing of a crime, the endangering of the life of a client or someone else, or cases of mental or physical abuse can be broken. In these and other cases required by law it is the legal obligation of the counselor to notify lawful authorities.

Group Therapy Fees and Cancellation.

A therapy group is usually for ten weeks on a weekly basis for ninety minutes. Because it is a time limited group of ten weeks, it is very importance that the commitment to be a group member is followed through. The commitment of ten weeks is to insure the group stability and process. Once the group has started, a member can not be replaced, because it is a closed group and time limited for ten weeks.

Fees for a ten week, ninety minute therapy group sessions are \$500.00 (\$50 per session). Payment can be paid in full or if needed half (\$250.00) two weeks before the first group meeting and the next payment of \$250.00 before the third group session. Payment can be made by cash, check or credit card. The pre group interview is \$30.

If you plan to use your insurance to pay for group therapy please let me know during your pre group interview so we can do the paperwork and take care of the details for insurance billing.

A two week notice is required to cancel from being a group member with no charge (before the first session). Cancellation without a two week notice (before the first group session) will be charged half the fee \$250.00.

Client Signature_____Date_____

Client Print Signature _____DOB_____

Home Address _____

City _____Zip_____Phone _____

Therapist Signature_____Date_____

