

## Group Psychotherapy Agreement

**Goal: Growth and Change through Art, Literature and Spirituality.**

- 1. I agree to protect the names and identities of my group. Group members are encouraged to bring any concerns they have back to the group. Group members who do not maintain confidentiality will be asked to leave the group.*
- 2. If the group therapist seeks consultation from a colleague, no names and/or identifying personal data will be disclosed.*
- 3. I understand that the group leader cannot guarantee group confidentiality. There have been rare situations in which group documentation has been subpoenaed. Every effort will be made to maintain the privacy of the group.*
4. I agree to be present each week, to be on time, and to remain throughout the entire meeting. If I can't attend, I will inform the group and/or call the group therapist.
5. I agree to work actively on the problems that brought me to the group. Though the focus is on feelings, perceptions, and memories that are stimulated in the here and now, often the group interactions resurrect salient current and past elements in member's life experiences, both problematic and joyful, and these are important to discuss because we are trying to know each person as fully as possible.
6. I agree to put feelings into words, not actions. This includes feelings of anger, affectionate and soothing touch among members. There is a place in therapy groups for a gentle touch or hug as an authentic expression of communicating deeply felt emotions, but these acts should always be examined for their full meaning and impact.
7. I agree to use the relationships made in the group therapeutically, not socially. Members should discuss emotionally meaningful extragroup contacts in order to enhance learning and understand these interactions may well represent important ways of managing feelings evoked in the group.
8. I agree to remain in the group until the problems that brought me have been resolved or seek other ways for resolution.
9. I agree to be responsible for my bill.
10. I may leave the group at any time, but will make an effort to give the group several weeks notice and to process understanding my leaving the group and termination with the group.

11. Cell phones should remain off during the group. Tape recording and taking notes about group members is not allowed.

12. Other:

---

**Name**

---

**Date**

---

**Signature of Member**

---

**Signature of Therapist(s)**