



## **Group Agreements, Guidelines, and Goals**

1. Share feelings honestly and spontaneously (in the moment) with the group.
2. Share irrational thoughts and feelings especially, as they are the window into the unconscious mind and opportunities for emotional healing.
3. Keep the group confidential. Don't use names or other identifying characteristics when discussing the group with others.
4. Work on what brought you here (your personal goals and struggles).
5. Come on time.
6. Stay the whole session time.
7. Pay for group on a monthly basis at the first session of the month.
8. Use group relationships for therapy. Therefore, limit outside contact. When you do have outside contact with a group member, process it in the group.
9. Stay in the group until you've reached your goals. Then discuss your desire to leave with the group (to make sure that you don't have unconscious motivations for leaving or are avoiding something in the group).
10. Announce leaving in advance. Upon deciding to leave, allow time for group members to say goodbye & process their feelings – this usually takes a few sessions but will be decided by the group on a case by case basis.
11. Inform the group leader when you will be absent and/or late.
12. Come to group sober.
13. Take up your fair share of time (if you're quiet, challenge yourself to speak up. If you tend to dominate conversations, challenge yourself to listen more.)
14. With your consent, the group therapist may consult with your other care providers for continuity of care. (Other therapists, psychiatrist, doctor.)

Your signature: \_\_\_\_\_

Date: \_\_\_\_\_