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## Informed Consent for Group Psychotherapy

### **Group consent form**

The success of group therapy depends upon a high degree of trust between you, your group facilitator, and fellow group members. This document has been prepared to fully inform you about what to expect from group therapy and from your group facilitators. Group therapy is a process of understanding more about yourself and others in a safe environment. In group you will have the opportunity to explore patterns of thinking and behaving that are similar to how you relate to others in your life.

Objectives of group therapy include, but are not limited to: developing skills to assist you in reaching your goals, feeling a sense of support from other group members, understanding more about yourself and your family system, identifying and exploring thoughts, feelings and behaviors that hold you back, and learning how to improve relationships with others. You are welcome to share as much or as little about yourself while in the group, however, the more open you are the better experience you will have. You are welcome to ask questions at any time. The more deeply you understand the process of therapy, the more effectively you will be able to incorporate positive change into your life.

### **The therapeutic process**

Participating in group therapy can result in a number of benefits to you, including a better understanding of your personal goals and values, improving personal relationships, and gaining awareness of resolution skills to better problem solve. It is important to recognize that therapy is not magic, and change does not occur overnight. Your willingness to participate fully in group and your openness to take feedback from your facilitators and other group members will play a role in how much you gain in therapy. In particular, the extent to which you are open and honest about yourself will play a role in how quickly you can achieve your goals.

There can be discomfort involved in participating in group therapy. You may remember unpleasant events, or experience feelings of anger, fear, anxiety, sadness, frustration, loneliness, helplessness, or other unpleasant feelings. If these distressful emotions arise during your therapy, please talk with your group and with your group facilitator. During the process of group therapy, it is normal to have intense feelings and reactions to other



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group members or even towards your group facilitators. Again, these are understandable emotions that should be discussed and processed in the group setting. If you believe that group is not the most appropriate setting for you to heal and grow, please speak with your facilitator about other possible options.

### **Group facilitators and the therapeutic relationship**

The relationship between you and your group facilitator is special and unique. You will be sharing information in group that is sensitive and personal. Our philosophy and approach to group therapy is the belief that this is your group. Each group member will have an equal say in what topics will be discussed, and what format feels most beneficial. Your group facilitator's primary responsibility is to create an atmosphere of safety and support in order for you to get the most out of group. Your group facilitator will encourage each group member to be honest, vulnerable, and respectful about his or her feelings and observations in the group. If you are ever feeling unsafe in group you are encouraged to discuss this with your group facilitator. If for any reason you experience any negative reactions or blocks towards participation, please share this with the group. Your voice is your power and your right.

### **Confidentiality**

Confidentiality is an important factor for group to be a safe environment to share thoughts, feelings, or ideas that you might not share with others outside the group. As a general rule, group facilitators do not talk to anyone about what you discuss in group. However, there are some exceptions to this rule. In some situations, in accordance with professional ethics and state laws, your facilitator may disclose information without your permission. Limitations of such client held privilege of confidentiality exist and are itemized below:

1. If a client threatens or attempts to commit suicide or otherwise conducts him/herself in a manner in which there is a substantial risk of incurring serious bodily harm.
2. If a client threatens grave bodily harm or death to another person.
3. If the therapist has a reasonable suspicion that a client or other named victim is the perpetrator, observer of, or actual victim of physical, emotional or sexual abuse of children under the age of 18 years.
5. Suspected neglect of the parties named in items #3 and # 4.
6. If a court of law issues a legitimate subpoena for information stated on the subpoena.
7. If a client is in therapy or being treated by order of a court of law, or if information is obtained for the purpose of rendering an expert's report to an attorney.



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**Group member's agreement**

**for confidentiality**

All members of the group will be asked to agree to a high level of confidentiality in the group sessions. This means that each participant agrees not to share any other group member's identifying and personal information with others. It is appropriate to share your personal reaction and feelings about group with others, but please do not share other people's stories with anyone outside of the group.

If we see each other accidentally outside of the therapy office, I will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to me, and I do not wish to jeopardize your privacy. However, if you acknowledge me first, I will be more than happy to speak briefly with you but feel it appropriate not to engage in any lengthy discussions in public or outside of the therapy office.

**Fees**

In order to establish a cohesive group we require a one month (four sessions) commitment. Before attending the first group payment of \$550.00 is required. Each following group session is \$150.00. Some group members may choose to pay in advance for services rendered on a monthly basis. Attendance during the first four sessions is mandatory and therefore non-refundable. If you must cancel following group sessions please cancel 24 hours before group time.

Payment can be made by debit or credit card (which you may already have on file if you have signed the credit card authorization form), cash, Venmo, Paypal, or check payable to 'Jane Alt Therapy'. As the administrative costs of running a practice change, session fees may be adjusted accordingly. In such cases, your group facilitator will discuss the adjusted fee with you at least 30 days before a change will come into effect.

Client name: \_\_\_\_\_ Date: \_\_\_\_\_

Client Signature: \_\_\_\_\_