

INTERACTIVE THERAPY GROUP

AGREEMENT

I agree:

1. To be present for each meeting, to be on time, and to remain throughout the entire meeting. If I must be absent for a given session, or if I must arrive late or depart early, I will give the group as much notice as possible
2. To work actively on the goals which brought me to group
3. To put my feelings into *words*, not *actions*
4. When I have something to say to another member, I will try to say it directly, rather than holding it in
5. To attempt to understand myself and others more fully
6. To safeguard the confidentiality of every other member, and to consider all information in group private
7. To use relationships made in the group therapeutically instead of socially. I will report back outside contact I have with other members so the whole group is aware of it can discuss it
8. To be responsible for my bill and to pay for every session, whether I attend or not
 - a. I understand that the primary reasons for such a policy are that 1) it promotes regular attendance from all members; 2) unlike in individual therapy, if I do not come for my reserved space in the group meeting, the leader cannot substitute someone else to take my place on a given evening
9. To honor these agreements as important to the effectiveness of the group as a whole

LEAVING GROUP:

Joining group is a significant commitment. One of the great benefits is that it gives people the chance to experience their feelings safely – including the feelings that accompany endings.

Endings bring up complex feelings in people. Feelings which, in day-to-day life, we rarely have time or space to pay attention to.

Being in group gives us the opportunity to navigate endings in a way that leads to a sense of closure, inner integrity, and mutual appreciation.

Because of this, the following agreement is entered into by all members:

- If a member finds him/herself thinking seriously about leaving, s/he agrees to *let the group know*, and to spend at least two sessions talking about the thoughts and feelings s/he has about leaving the group
 - This process allows the member to sort out his/her feelings about ending, and also gives other members a chance to share their own thoughts & feelings, and prepare for the possible departure
 - If after two sessions of discussing his/her thoughts and feelings about ending, the member does decide that it's time to leave the group, s/he agrees to:
 - *Give the group a specific ending date, and attend at least two (2) more full sessions before departing, to explore the effect of the good-bye on self and others*