INTERACTIVE PROCESS 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 for therapeutic purposes. Whether or not to have outside contact with other members is up to each person, but all such contact is still considered relevant to the whole group, and members agree to report outside contact to the whole group if / when it takes place
8. To be responsible for my bill and to pay for every session, whether I attend or not
   1. 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
   2. I will leave payment for each group in the mailbox in the front lobby, marked “Roberts.”
9. To honor these agreements as important to the effectiveness of the group as a whole

**LEAVING GROUP:**

The decision to join an ongoing group like this one is significant, and entails a commitment. This commitment extends especially to the process of leaving.

The desire to bring things to a finish – as well as the act of saying goodbye – stirs up complex feelings in all of us; feelings which, in day-to-day life, we rarely have time or space to pay close 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 the importance of endings in our lives, the following agreement is entered into by all members:

* When a member finds him/herself thinking seriously about leaving group, s/he agrees tolet the group know *before s/he makes a final decision.* Specifically, each member who is seriously contemplating leaving group *agrees to spend at least two (2) sessions* talking about those thoughts and feelings before decidinh.

This process allows the member to sort out his/her reasons for ending, as well as his/her feelings about ending. It also gives the other members a chance to share their own thoughts & feelings, and to prepare for the possible departure

* If after two sessions of discussing this potential departure, 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*, in order *to explore the effect of the good-bye on self and others*

This process for leaving is called the “Two-plus-two” method. Two sessions to consider the decision out loud in group, and – if the member decides it is the right time to leave – two more sessions to process the effect of the goodbye.