

Group Therapy Agreement

1. Attendance

Group therapy works best when members are reliably and consistently present. When one member is gone, it affects the entire group. By joining this group, members agree to come weekly unless there is an emergency or serious illness. For group therapy to be effective, members must make attendance a priority, thus it is expected that you will be on time, remain throughout the session, and if you know you will not be present for the next group session you will announce this to the group.

All members agree to work actively on the issues that brought them to group by putting feeling into words, not action. Most members stay in group for at least one year. This is not a requirement, and you should not remain in group if you are not benefiting from it. However, if you do experience a lack of progress, or find yourself discontented with the group for whatever reasons, it is important to discuss this with the group. The exploration of one's lack of progress can be part of the therapeutic process.

All sessions will be charged for except for those that I cancel or reschedule (generally only due to illness or inclement weather). Group membership continues whether you are present or not and does not end until you make an announcement in group, to the group, and return for a minimum of three sessions afterwards to process your leaving.

2. Fee/Billing/Insurance

Fee: Each session is \$110 and lasts 75 minutes.

Billing/Payment: Payment is expected at the end of each session unless other arrangements have been made. My preference is that you pay monthly in advance, but this is not mandatory. Payments can be made with credit card, Venmo, cash, or check. My preference is Zelle. Members are billed for absences, except for the case of hospitalization.

3. Insurance

Group members may request a monthly statement to submit to their insurance companies, which contains all session charges, payments, treatment service and code, diagnostic code, and provider information.

4. Confidentiality

Confidentiality is critical to group therapy. Members agree not to discuss any revealing information about group members to anyone outside of the group. This includes names, ages, places of employment or residence, or other information that may lead to a breach in confidentiality.

5. Individual and Group Therapy

If a group member is seeing the therapist for individual sessions as well as group sessions, there may occasionally be times when information shared during an individual session comes up during the group. Members agree that this will occur at the therapist's discretion

6. Participation

For group therapy to be effective, members share and express their feelings honestly. These include thoughts and feelings about the therapist and other members of the group. There is no subject that cannot be shared in-group. Difficult topics such as sexuality, anger, and jealousy all play a role in group therapy. Members are also encouraged to share and discuss their dreams and fantasies.

7. Socialization Outside of Group

Socializing with other group members outside of group is discouraged, as it can interfere with therapy. If members do have contact with each other outside of the group either by phone, text, email, chat, or in person, please bring this up in session.

8. Termination

Group members agree to stay in the group until they have achieved their original goals, or until they have reached a point in therapy where change and growth are no longer possible. Members agree to announce their plans for termination to the group and commit to stay for three sessions to allow the group to process their departure.

Agreement

I, _____, agree to the terms and conditions of this group therapy agreement.

(Patient's Full Name)

Patient's Signature _____ Date _____