

ONGOING GROUP PARTICIPATION AGREEMENT

This group agreement is intended to foster a group setting that is safe, stable, and productive.

1. **Support vs Therapy** - I understand that participation in this support group alone does not constitute or create a therapy relationship between me and Melissa Lester, LCSW.
2. **Resource Development and Community Building** - I understand that the primary goals of this group are to support me with with Resource Development and Community Building.
3. **Attendance and Timeliness** - I agree to do my best to arrive on time or early.
4. **Confidentiality** - I agree to keep everything I hear in the group confidential. No exceptions.
5. **Check-Ins** - I agree to keep 'check-ins' at the beginning of each group short – one to two minutes.
6. **Responsibility for Self** - I agree to take responsibility for myself, my feelings, my needs in the group.
7. **"I" Statements** - I agree to use "I" statements in order to be responsible for my own feelings.
8. **Speaking Directly** - I agree to speak directly to other members of the group person to person.
9. **Allow Others to Speak** - I agree to wait before speaking until a group member is finished speaking.
10. **Permission to Provide Feedback** - I agree to ask my fellow group member if they welcome feedback before expressing what I am thinking, feeling or experiencing in response.
11. **In It Together** – Group meetings are a collective effort and we function as a team.
12. **Social Interactions** - I agree to use my own discretion regarding social contact with other group members.
13. **Sexual / Romantic Relationships** – These are discouraged but are acknowledged when they do occur.
14. **Alcohol and Drugs** - I agree not to use any mind-altering substances for at least 10 hours prior to group.
15. **Judging** - I agree to avoid blanket judgments. Instead, I will describe specific behaviors and my reactions.
16. **Taking Risks** - I agree to take risks in the group in order to get the most out of this experience.
17. **Leaving Group** – Members of the group may develop strong bonds to one another. Therefore, I agree to let the group know if I plan to make this my last meeting.

These Group Guidelines and Agreements are intended to foster a group setting that is safe, stable, and productive, so that you and each group member receive the most benefit from this experience.

Please sign and return this page indicating that you have received a copy of and are committed to these Group Guidelines and Agreements. Thank you!

Group Member's Name (print) _____

Group Member's Signature _____

Date _____