

Group Participation Agreement

Group Therapy is a powerful therapeutic form of healing and can often be complimentary to individual therapy. In addition to the professional training of the psychologist (group facilitator) the appropriate participation of the group members is one of the biggest factors for a successful group. You were invited to join this group because the psychologist feels confident that you would benefit from the unique dimensions of group therapy and also be a helpful resource to the other group members. In group therapy you receive support from a licensed psychologist, and also from other people who are dealing with real challenges and opportunities just like yourself. One reason group is so powerful is because in group you can benefit from both receiving support and providing support to others.

Confidentiality

We ask that you keep all information shared in this group confidential. Confidentiality is the trust that all identities, communication, and information will remain private. This is special in a group setting because it is the shared responsibility of all group members, who are not legally bound to confidentiality as are psychologists. You may disclose to others your own personal experience (e.g., feelings evoked, feedback received) of group only. Limits of confidentiality, as outlined in the consent form, apply to group therapy.

Boundaries

Group is an opportunity to form therapeutic relationships with others, in which you learn more about yourself and the way you relate to others—not a place to develop social relationships. This includes connection on social media (e.g., Facebook, Instagram, LinkedIn). This is because members who form social relationships with each other outside the group may not experience the intended professional benefits of group therapy. You may have strong feelings towards others in the group, as you do with other people in your life. However, group is intended to be a safe, confidential environment to explore those feelings and how you act on them. If you do have contact with someone in the group outside the meeting we ask that you share that contact with the group at the next meeting.

Attendance

Group members are expected to make a commitment to attend group, be on time, and stay for the entirety of each group session. Attendance is vital to the group experience—for you and for the group as a whole. We are creating together a safe, trusting, therapeutic space. Your presence and insights matter. If you know ahead of time that you will miss a later group session, we ask that you share this with the group beforehand. We know unexpected circumstances sometimes arise: if you will be late or will miss a group session, please notify the group facilitator. In the event where you find that you have accomplished your therapeutic goals and decide not to continue

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group, leave enough time to say goodbye to the group. Although it may be difficult to imagine now, members will feel unresolved if you leave too quickly or without any explanation.

Active Participation

The more you invest in group, the more you will benefit as group is a place to learn new ways of making deeper connections. We ask that you refrain from any kind of attack. Group members also agree not to take any mind-altering drugs (unless medically prescribed) or consume alcohol before coming to group. If this happens, inform the group leader so an appropriate decision about your participation can be made.

Signature

Date

Printed Name