

Psychotherapy Group Contract

Ginger Sullivan, MA, LPC, CGP, FAGPA

1. Members agree to be present each week, to be on time, and to remain throughout the entire meeting. If a member plans to be absent, he/she will announce this at least one week in advance at the beginning of the session. If an absence is unplanned and thus unannounced, members agree to inform the group therapist prior to the session, via call, email or text.
2. Members agree to work actively on the problems that brought them to the group. Members agree to participate and take responsibility for what happens in the group. Each member is to take his/her portion of the talking time.
3. Members agree to put feelings into words, not into actions. Members agree to talk about what he/she is feeling and experiencing in the group as best he/she can.
4. Members agree to use the relationships made in the group therapeutically and not socially. All transactions in or out of the group are “group time” and therefore, valid for dialogue inside the group.
5. Members agree to be responsible for his/her bill. As long as one is a member of the group, he/she is responsible for the fee each time the group meets. Questions about fees are to be discussed during group time.
6. Members agree to protect the names and identities of their fellow group members. Members consider all information gained in the group privileged communication and therefore confidential. Nothing is revealed to anyone outside the group except your own experiences.
7. Members agree to remain in the group for at least six months and then until the problems that brought them have been resolved. Members agree to precede a decision to terminate by a checkout discussion with group members and to allow three sessions to deal with the separation process. Members agree to not announce a termination decision the first session after an absence.