

## GROUP THERAPY CONFIDENTIALITY AGREEMENT

Thank you for taking the time to be a part of the group process. In order for the group to be effective, a safe environment must be in place. Therefore, there are expectations that will be set and these guidelines will add to the success of the group.

### 1. Confidentiality:

Being in an environment where open sharing takes place can be stressful and may feel unsafe. In order for all members to feel safe in sharing their experiences, you are making a commitment to not discuss anything, including others' reactions, with anyone outside of the group. It is healing for you to discuss your emotions and reactions regarding the group process inside and outside of the group, but not about others. What others say in the group needs to stay in the group. We will be on a "first name basis only" in the group to help ensure confidentiality. I understand that it is my responsibility to discuss my therapeutic goals and reason(s) for attending. Also, I understand that no one is going to force me to talk or reveal difficult material before I am ready to do so.

My legal obligation to confidentiality is as follows: a) if you sign a release of information for the exchange of information with a third party; b) if there is a suspicion of child or elder abuse; c) if you threaten serious harm to yourself or someone else (this may be reported to the police or appropriate authorities); d) if a subpoena is presented for legal proceedings.

### 2. Attendance:

Although it may be hard to relate to right now, the other participants in the group will come to depend upon you being there. It is very common for another member to identify with your experience and desire to draw you out in communication to aid in their healing. Being a part of a group is a serious responsibility that must not be taken lightly. Therefore, being a part of this group will require your commitment. It needs to be understood that a minimum of 3 group session commitments must be required. In case of online session, it is necessary to keep the video on and join at least 5 minutes earlier than the session. The group meets for 1-2 hours per episode. Life happens and there will be things that will hinder you from coming to the group. In that event, please contact us at least 24 hours before the session at [9824547263](tel:9824547263) or by email at [therapy@projectvirya.com](mailto:therapy@projectvirya.com) to inform us of your absence. I agree to stay in the group until I have met my therapeutic goals. I agree that when I decide that I have gained as much as possible from the group at this time, I will notify the group in advance of my intentions and come to the group to say goodbye.

### 3. Rules:

- a) I agree to come each week, stay the entire session, and be on time. Group will begin and end on time.
- b) I agree that my cell phone will be turned off during group time (being on call for work or having children in another person's care are the exceptions).
- c) I agree to participate in the group sober and free of any illicit substances
- d) I agree not to disclose any identifying information regarding another group member to anyone outside of the group that may help identify that member(s).

I understand that the group member's name/comments/discussion that occurs within the group is confidential. By signing this agreement, I agree to maintain the confidentiality of all members of the group. In addition, I have read all of the points of the group rules and have asked questions for clarity about the items that I do not understand. I understand and agree to them, as evidenced by my signature below.

Name: \_\_\_\_\_  
Group member's signature: \_\_\_\_\_  
Date \_\_\_\_\_



Therapist's Name: \_\_\_\_\_  
Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

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