



Sacramento

CENTER FOR PSYCHOTHERAPY

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Online Training Process Group Agreement

A process group gives you the opportunity to learn with and from other people and to understand your own and others' patterns of thoughts and behavior. The group can become a safe place to learn about the roles you take, to obtain valuable feedback, and to experiment with new ways of being and relating to others. Groups can be very powerful and effective and also carry some specific risks such as group pressure (not always in a positive direction) and scapegoating. In any process group, conflict and confrontation are inevitable aspects of the work which may be stressful and difficult for members to manage. Even so, many people find process groups worth the discomfort they feel.

An effective group takes a lot of work and faith to develop. The following are some agreements that I have found to be essential to a successful group. In entering into the group with me you agree to follow these guidelines.

Attendance

- To initially attend for at least twelve consecutive sessions.
- To connect on time for the group session and remain the entire session.
- To notify the group of any planned absences in advance.
- To call, text, or email me about any unplanned absences or lateness.
- To try to arrange vacations to coincide with group breaks. I will let you know my schedule as soon as possible to facilitate coordination.

Confidentiality

To keep confidential the identities of group members and all that they share. If you chose to share your own group material you must do so in a way that does not potentially reveal the identity or any personal information about other group members. Please note that I cannot guarantee that group members will abide by this most essential agreement.

As a general rule, I have both a legal and ethical duty to ensure that what is discussed in group remains confidential. However, if I have a reasonable belief that a child, elderly person, or a dependent adult is being abused, neglected, or financially exploited, I am legally obligated to disclose this information to a state agency. I am obligated to break confidentiality when doing so is necessary to protect an individual's physical safety. If a court of law orders me to release information, I am required to provide that specific information to the court. (As a member, any mandated reporting statutes related to your profession do not apply.)

In addition, I may seek consultation or present brief vignettes from the group in training situations or in publication. Please be assured that I will thoroughly disguise the identities in such a situation.

Online etiquette

- To connect with both video and audio, unless other arrangements are made on occasion.
- To arrange for a quiet room with full privacy and no interruptions. This includes no phone calls, emails, or texting during the entire session.
- To stay focused on the group interactions.

Fees

- To pay for each month's sessions at the beginning of the calendar month, unless other arrangements have been made with me. The fee is \$80/session. Payment can be through check or Zelle. A \$20 fee will be charged for each bounced check.
- To pay for all scheduled sessions whether you attend or not.

Outside Contact

- To keep the relationships only in group, not social. This means that outside of group contact should generally be avoided.
- If you know any group member from professional acquaintance, to not discuss group topics outside the group.
- To bring outside interactions between group members back into the group for discussion as group business.

Termination

- To involve the group in the decision of when it is appropriate for you to terminate.
- To allow at least four meetings for the termination process once you have made the decision to terminate.

Group Process

- To let others affect you and be willing to talk openly and honestly about your reactions as you become aware of them.
- To use the group process to work actively on the issues that you want to bring into group or ones that you identify during the course of the group.
- To put thoughts and feelings into words rather than actions.

Acknowledgment and Agreement

By signing this form, you are acknowledging that you understand and agree to what you have read above, and that we have discussed and clarified to your satisfaction any questions you may have had.

Member (print name)

Signature

Date