

Right Road Counseling, LLC

"Road to Brighter Days!"

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Informed Consent for Treatment in a Group Setting

Group counseling can be a powerful and valuable place for healing and growth to occur. At **Right Road Counseling**, we structure groups to include the following elements:

- A safe environment in which members feel respected and valued
- An understanding of group goals and group norms
- Investment by both facilitator(s) and members to produce a consistent group experience

A safe environment is created and maintained by both the facilitator(s) of a group and its members. Primary components are mutual respect and a chance to create trust. Additionally, the promise of confidentiality helps to maintain the safety of a group. Group facilitator(s) are bound by law to maintain confidentiality and group members are bound by honor to keep what is said in the group in the group. We recognize that groups members may want to share what they learn in group with family and friends outside of group. Sharing one's own experience in terms of skills learned and realizations made is always acceptable, as long as all information regarding other group members is kept private and confidential.

Limits of Confidentiality

Informed Consent for Treatment in groups explains our policy on legal requirements for counselors to divulge generally confidential material in the event of learning about the following situations:

- o Any type of abuse of a child or vulnerable adult
- o Harm to self or others including group member
- o Threat of harm to someone in the group or outside of the group

Facilitator(s) may consult with your individual counselor or other professionals regarding group interactions in an effort to coordinate treatment on group processes. No identifying information is shared unless a release has been obtained from you as a group member.

Other Safety Factors:

- Members of a group may not use drugs or alcohol before or during group.
- Members of a group should not engage in discussion of group issues outside of group.
- Members of group should remember that keeping confidentiality allows for an environment where trust can be built, and all members may benefit from the group experience.
- Your group facilitator(s) will monitor discussions and maintain a respectful environment to keep safety and trust a priority.

Attendance

Presence of members in every scheduled group vital to success of the group. A group dynamic is formed that helps create an environment for growth and change. If group members are absent from the group, this dynamic suffers and affects the experience and effectiveness of the group. We ask that you make this commitment a top priority for the duration of the group. It is understood that occasionally an emergency may occur that will prevent group attendance. If faced with an emergency or sudden illness, please contact the group facilitator(s) before group begins let them know.

Because it usually takes several group sessions for clients to “settle in” and receive the full benefits a therapy group provides, we ask incoming members to make a 6 sessions commitment when they join a group. We also ask members to give a 2 week notice when they decide to leave a group. We ask this because each member of a group is important – each member’s presence and absence impact the group as a whole – and we want to allow time for members to process when members choose to leave.

What to expect

Group time consists of both teaching and processing time. Processing may revolve around an issue one member of the group is working on with time for structured feedback and reactions by other members of the group. At times the group may focus on a topic with all members verbally participating. In either case, the group dynamic offers a place where you can experience support, about yourself and the world around you. These dynamics provide a very powerful environment for change.

Remember, the more you give of yourself during the sessions, the more you will receive. The more honest and open you are, the more you allow for insight and growth.

Fees

The fee for group is \$60.00 per 90-minute session. This is a fix cost per group regardless of attendance due to expenses etc. Payment for each session is required except in the case of a verified emergency. We will apply the charge of the group before the group start. Payment will be made by a credit or debit card that RRC will keep on file. If your card information changes, please inform RRC so we may have you fill out a new credit or debit card form to keep on file. I

have read the above information, understand the information, and agree to the terms of group participation.

Signature of Group Member: _____

Printed Name of Group Member: _____

Date: _____

Facilitator(s): _____