

HOLDING HOPE THERAPY



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Welcome to Group Therapy

The purpose of this group therapy agreement is to give clarity and security to all group members. Group therapy is meant to provide a safe and confidential space for you to meet your needs. This agreement is in addition to the more general counseling agreement form provided to you.

Records of the session should only be kept by the counselor and will be kept on an encrypted and HIPAA compliant server.

Group Therapy Guidelines

1. My approach to this psychoeducation group is influenced by various therapy principles, including Christian principles. We will attempt to understand, address issues and integrate therapeutic strategies from this foundation. However, I will not attempt to convert anyone to any religious beliefs. All belief systems are welcome in group therapy.
2. Confidentiality: What is said in the group must stay in the group. Licensed therapists have a legal responsibility to report reported instances of child and elder abuse and situations where an individual may be a risk to themselves or others. To keep all information shared within the group confidential at all times, even when you are no longer a member of the group. This includes taking action to ensure privacy while online with the group or making posts, and securing your electronic devices. Please ask if you have any questions about these requirements. Although good faith efforts are taken to safeguard your confidentiality, no guarantees can be made in this regard. Any group participant has the ability to save and share your confidential information, even though all participants have agreed to confidentiality
3. Group sessions are not designed for emergency situations. If you are in crisis, have thoughts of harming yourself or others, you are to follow the emergency management plan described on your counseling agreement form. This includes calling 911 or another substance abuse or mental health hotline.
4. The concept of psychoeducation group is for participants to learn and practice skills to more effectively attain and sustain meaningful and healthy relationships with God, self, and others. The facilitator will also function as a teacher and is responsible for maintaining order for the group.

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5. A variety of approaches may be used to increase your self-awareness that may include: experiential activities, roleplays, modeling, readings, multimedia, active exercises, homework, etc.
6. We will begin and end on time.
7. Feedback will be limited but when offered please be mindful of Paul's admonition to "speak the truth in love." The following points will help to achieve that goal:
 - Speak from the first person "I" when sharing one's perspective
 - Seek to understand another person's viewpoint with a paraphrase or question before responding or offering one's own point of view.
 - One person speaks at a time
 - Monitor advice giving, criticism, arguing, interrupting
 - Learn to connect with your emotions empathically in group and begin to practice vulnerability by sharing your experience with others.
 - Practice self-care: remember that participation in any process is voluntary – have self-awareness of thoughts and feelings as well as what your body is experiencing. Practice sharing your awareness at the opportunities that are offered to do so.
 - Be sensitive to the needs of others in the group. Consider how you might give as well as receive from others – if you like to talk, consider the time others need to share; if you are usually quiet, consider more active participation in discussion.

Group Therapy Contract

1. Commitment to the group is both personal and financial. Your commitment to attend all the sessions of the group demonstrate your sincerity and trust – with yourself as well as with the other members of the group. This is particularly important due to the nature of our work. Client must attend 6 out of 8 sessions. This is not to imply that your work will be finished in three months. It is to ensure that you are serious about our program.
2. Group Confidentiality. The group asks that each member maintain confidentiality about what is said and heard about/from each member in the group. What you say here stays here (please see Group Guidelines above).
3. Despite this being a psychoeducation focused group, we are still here to support each other. Therefore, if you feel you are needing some time in group for us to support you as you go through a difficult time, please make this request for time at the beginning of group during your check-in. Regardless of what we are focusing on for psychoeducational content we will

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save time to support you in your struggle. It is your responsibility to ask for time for yourself, as codependency (not asking for what you need) is unhealthy.

4. Plan to share. Again, despite being focused on psychoeducation it is important for you to share monumental tasks you have completed.
5. It is asked that you not miss a weekly group. You are committing to 12 weeks of attending group and will be asked to pay for all weekly sessions, whether present or not. You are buying a seat for a “season’s ticket”. It is your program, as well as your place in group, each week. I reserve the option to cancel a group session if the need arises and you will not be charged for that session. If you prepaid for the quarter then you will be credited or refunded for that session.
6. Please call and leave a voicemail or email me if you are going to miss a session or be late.
7. You are asked to not attend after having consumed any mind-altering drugs or alcohol.
8. You will be asked to do the following:
 - a. Be ready to share what you are working on.
 - b. Make at least one weekly support call/contact to support you in your signups and interventions
 - c. Read therapy materials on a daily basis.
 - d. Be ready to read books recommended to assist in your therapy.
9. The following additional commitments that will help your therapy work:
 - a. Presenting 3 behavior snakes/boulders in group.
 - b. Writing and sharing letters of disclosure, clarification, and empathy.
 - c. Do homework assigned and bring back to group the following week.
10. How you leave group is a significant statement regarding your growth and recovery. I ask that you announce four weeks in advance to leaving group, to ensure time to discuss your after-care program, and say your goodbyes.
11. If at any time you or the I do not think that a tele-counseling group format is appropriate. Either one of us can terminate the group membership. If your membership is terminated, I will give you other counseling recommendations.

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12. If you need extra support in-between sessions you can call or email me to make arrangements for individual sessions.

13. Due to the lack of audio and visual cues in the use of tele-counseling services, you or others may misinterpret comments made in the group. It is important to state your interpretation, ask for clarification when needed, and try to be clear with your own comments.

14. For video counseling you will need a computer equipped with a camera and speakers.

****Please read the contract with an emphasis on what you do in therapy, rather than trying to not do your negative behavior. This is not to guilt trip you, but to challenge you. Guilt plays into your shame, challenge plays into your development. If you are challenged enough, have suffered enough, or are motivated enough, you can find enough time. It is day-by-day work, no quick fixes allowed.**

It is important to get into a group therapy when your behavior is out of control. It is just as important to move on from treatment when you have learned the program, internalized the changes, and your work is from the inside out, rather than from the outside in.

Group Participant: I have read and agree to the above Group Guidelines & Group Contract. I have also received a copy of these Group Guidelines & Group Contract.

Client Signature: _____ Date: _____

Name: _____