

Group Therapy Guidelines

- 1. Maintain confidentiality-** I understand that everything said in group is confidential and must not be shared with anyone outside of the group. This includes the name and identity of group members and anything said while in attendance. Confidentiality is incredibly important for group-dynamics and for creating and maintaining safety.
- 2. Attendance-** I understand that coming to group is a commitment, and I will work to prioritize weekly attendance. Being present on a weekly basis is key to therapeutic success for you and other group members. I agree to arrive on time, and if I am late, enter the room without disruption.
- 3. Participation-** I will work to be fully present and participate in group activities and discussions. However, I have the right to "pass" on a topic if I am not feeling safe or comfortable. I agree that will never pressure other group members to participate in any discussion or activity after the member has passed. I understand that the group leader is obliged to protect this right. I also understand that I will benefit more from group the more I am able to take risks in sharing and participating.
- 4. Relationships-** I agree to not have relationships with group members outside of group which includes dating or exclusive relationships. This can disrupt the cohesion and therapeutic process and cause additional harm or emotional distress. This includes texting, calling, or interacting on social media. If you do see a group member in public, please be sure to respect their confidentiality and share with the group at the next session that this occurred.
- 5. Drugs or Alcohol-** Group members cannot participate in the group under the influence of alcohol or other mind-altering drugs. When under the influence of chemicals, people do not have access to their emotions and have less control over their behavior. I understand that if the leader believes that I am under the influence of alcohol or other drugs, I will be asked to leave the group.
- 6. Gossip-** disagreements and conflict happens. However, I agree to not talk about other group members in a derogatory way and will address concerns or issues face-to-face with that group-member. I will reach out for support from the group facilitator during this process if needed.
- 7. Respect-** I understand that the group facilitator is leading the group and may need to enforce these rules at times. I will respect their decisions and comply to all group guidelines.
- 8. Termination-** Depending on the type of group, group members may finish group at the same time, or at different times. At times a group member may have to leave unexpectedly. I will work to communicate if I plan to leave the group unexpectedly in order to maintain the therapeutic dynamics.
- 9. Additional rules-**

I have read the above guidelines and rules and agree to abide by them while participating in this group.

Group member _____ date _____

Research Guidelines A Handbook For Therapists

Lingsheng Yao



Research Guidelines A Handbook For Therapists:

The Top Books of the Year Research Guidelines A Handbook For Therapists The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have enthralled audiences this year. Research Guidelines A Handbook For Therapists : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Research Guidelines A Handbook For Therapists : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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