

# S.A.F.E. ALTERNATIVES® S.A.F.E. Choice

## GROUP THERAPY CONTRACT

Every member is expected to participate fully in the group process.

Members agree to not compare pain in any way and be aware that each journey is different.

Members will be respectful in providing feedback to one another.

Respectful and strict confidentiality is expected of all group members. All observed or communicated information, whether obtained formally or informally, is to be considered completely confidential - even if it seems public or unrelated to the group. Names of group members are also confidential.

Boundaries must be respected. Members are expected to receive permission before touching another participant.

Attendance is mandatory. Members are expected to notify the S.A.F.E. Choice voicemail if they are unable to attend a group session.

Members are expected to be in individual and/or family therapy.

Members having a difficult time in group are encouraged to check in and express their feelings. If someone chooses to leave group, they will answer missed group questions and process with a staff member before returning to the group.

Members agree to abide by the S.A.F.E. Promise. Self-injury may be cause for dismissal from group. The member is required to complete process questions prior to group if a contract violation occurs. If asked to sit out for the remainder of the current session, the member may reapply for the next series.

Suicidal ideation or intent should be directed to your therapist and not other group members.

Payment is to be made in full before the first session, unless other arrangements have been made. There are no refunds for missed sessions.

I have read the above guidelines and agree to abide by them.

Client Signature\_\_\_\_\_ Date\_\_\_\_\_

Therapist Signature\_\_\_\_\_ Date\_\_\_\_\_

