



## Group Therapy Agreement

### 1. Attendance

Group therapy works best when members are reliably and consistently present. When one member is gone, it affects the entire group. By joining this group, members agree to come weekly unless there is an emergency or serious illness. For group therapy to be effective, members must make attendance a priority.

### 2. Fee/Billing/Insurance

Fee: Each session is \$50 and lasts 90 minutes. Billing/Payment: Payment is expected at the end of each session, unless other arrangements have been made. Payment can be made with credit card, cash, or check. Members are billed for absences, except for the case of hospitalization. Insurance: Group members may request a monthly statement to submit to their insurance companies, which contains all session charges, payments, treatment service and code, diagnostic code, and provider information.

### 3. Confidentiality

Confidentiality is critical to group therapy. Members agree not to discuss any revealing information about group members to anyone outside of the group. This includes names, ages, places of employment or residence, or other information that may lead to a breach in confidentiality.

### 4. Individual and Group Therapy

If a group member is seeing the therapist for individual sessions as well as group sessions, there may occasionally be times when information shared during an individual session comes up during group. Members agree that this will occur at the therapist's discretion.

### 5. Participation

For group therapy to be effective, members share and express their feelings honestly. These include thoughts and feelings about the therapist and other members of the group. There is no subject that cannot be shared in-group. Difficult topics such as sexuality, anger, and jealousy all play a role in group therapy. Members are also encouraged to share and discuss their dreams and fantasies.

### 6. Socialization Outside of Group

Socializing with other group members outside of group is discouraged, as it can interfere with therapy. If members do have contact with each other outside of the group either by phone, text, email, chat, or in person, please bring this up in session.

### 7. Termination

Group members agree to stay in the group until they have achieved their original goals, or until they have reached a point in therapy where change and growth are no longer possible. Members agree to announce their plans for termination to the group, and commit to stay for three sessions to allow the group to process their departure.

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Signature

Date

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Printed Name

