

Group Guidelines

Confidentiality

I take your privacy and safety very seriously! You are expected to keep everything in group confidential, including the names of each other. Anyone who violates confidentiality will be removed from group. I have a professional obligation to take direct action and break confidentiality if you report: someone is hurting you or someone else, you want to hurt someone else or you are hurting yourself.

Your Voice Matters

Strong feelings and discussions often naturally arise in group. Group members will never be pressured to answer questions or participate in any activity that makes them feel uncomfortable. You always reserve the right to say, "pass or I don't know."

As the group facilitator, I will always encourage you to be open when talking about your feelings. There will be many guided activities where you all will receive positive feedback from each other!

Communication

Group members are encouraged to use "I" statements. When a group member is speaking, the group is expected to give them their full attention. Challenging each other is also encouraged when done in a kind manner. Group members are encouraged to ask each other thoughtful questions. Disrespect of any kind will not be tolerated.

From time to time, I may gently ask a group member to wrap up what they are saying to ensure everyone gets an opportunity to share. I will gently redirect you if you name drop or gossip about anyone as I encourage everyone to focus their energy on personal growth and building each other up.

Attendance

When you sign up for group you are committing to all group sessions. I ask that a parent please notify me at least 24 hours in advance if your daughter is unable to attend group. A \$50.00 no show fee will be deducted from your card on file if you fail to give me 24-hour advanced notice. If an emergency or sickness arises, I ask parents (if possible of course) to please notify me *before* the start of the group session. You will not be responsible for payment for missed sessions due to sickness or an emergency.

Payment

All group session fees are due at the time of service. I will automatically run the credit card you have on file if you forget your payment or copay. I do not carry balance. If requested, I can provide you with a "super bill" to submit to your insurance.