

Group Contract

The objectives of our group experiences include sharing our feelings and exposing our sensitivities and vulnerabilities. No true learning takes place without some degree of emotional risk. However, it is important to create an environment, which minimizes the risks and maximizes the potential for growth. Because we are attempting to promote growth and healing, we ask that all participants agree to conditions, which will enhance our sense of security and trust.

Confidentiality: Group members respect others' right to confidentiality. Thoughts, feelings and experiences shared in the group are not made public.

Respect: Group members must make their own decision about how much personal information to share, what activities they will take part in and how deeply they will involve themselves with others. It is crucial that members respect their limits and maintain themselves comfortably throughout the group process. We listen to one another fully as we appreciate being listened to fully.

No Drugs or Alcohol: Group members should avoid taking any drugs or alcohol prior to, during and immediately after the group experience.

Role of Group Leader: The leader will maintain control of group interactions. They may encourage or discourage each member from opening up feelings or issues based on individual needs and group needs. If members have questions about what is or isn't appropriate, they should ask.

Feelings: Feelings should be expressed and examined. It is okay to let feelings out. Know it is okay to be happy, sad, angry and frustrated. However, it is not okay to express feelings in ways that are harmful to yourself or others. We make a distinction between expression of feelings and the way in which these feelings are expressed.

Thank you to *The Center for Grief Recovery and Therapeutic Services* for this Group Contract!