



General Overview of Group Agreement

This group meets every week for 16 weeks total. Every four weeks, we focus on one of the four modules: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness skills.

General Group Agreements

Safety for all group members is of utmost importance. There are certain things we all must agree to in order for everyone to feel safe enough to be in this group. The group will be meaningful to the extent that everyone participates as fully as possible. This is possible if there is a high level of safety, confidentiality, and respect as outlined in the specific policies below.

- I agree to respect and maintain the confidentiality of all group participants. I agree not to identify other group participants to individuals outside of the group without their consent.
- I agree to communicate with honesty, care, and respect during group and to value other people's experiences and perspectives, even if I disagree.
- I agree that what is discussed or explored in the group must remain in the group. If questions arise throughout the week regarding anything brought up in the group, I agree to bring them back to the group the following week or to call the group facilitator.
- I agree that if I call a group facilitator or other group member for support with compulsive urges, I will be willing to accept support from that person, which includes contacting my individual therapist or emergency services if necessary.
- I agree not to discuss past suicidal, self-harming behaviors, drug use, or other impulsive behaviors during the group. If I need to discuss such things, I agree to arrange for individual therapy outside of the group.
- I agree not to form sexual relationship with other group members.
- I agree that for the safety and health of all group members, I will not attend group during times when I am ill with a communicable infection such as a cold or the flu.
- I agree that I will not participate in the group under the influence of alcohol or any other illicit, mind-altering drugs.
- I agree to call the group facilitator as soon as possible ahead of time if I will be arriving late or will need an unexcused absence from the group.

Pre-Requisites for Group Participation

- I understand that this group is not able to provide the same level of support as individual therapy. If I need the opportunity to process the things that come up in group more deeply, I agree to seek out individual therapy to accommodate this need.

Group Attendance

- I agree to honor my commitment to attend group on a weekly basis for the duration of the group contract. I understand that my specific group contract is from _____ to _____. I agree to request any legitimate excused absences from the group during the first



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DBT Skills Group for Therapists
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week of each new module-after the Core Mindfulness section ends. Legitimate excuses tend to be important life events such as weddings, graduation, family reunions, and the like.

- I understand that in the case of very extenuating circumstances group may be cancelled. In such cases a make-up group time will be offered. Such circumstances tend to be related to extreme weather or unpredictable external events such as car accidents.
- I understand that if I am going to have to have an unscheduled absence from the group that I will call the facilitator as soon as possible to let them know. I acknowledge that I am doing this in order to maintain group health and safety.
- I understand that I am an active participant in the creation of this group experience and demonstrate this by my ability to communicate my ideas, feelings, likes, and dislikes. By naming and negotiating my needs openly and clearly, and by bringing my full awareness into the process, I am empowered to respect and care for myself.

Group Fees

- I understand that the standard group fee is \$124 (\$7.75 per 90-minute session).
- I understand that my group fee is paid in-full before the start of the first group session.
- I understand that because there are a limited number of places available in each group that my group fee keeps my place in the group whether I am in attendance or not and whether my absence is excused or not.
- I understand that my fee for the group does not cover the cost of any private make-up sessions I set up to review missed content.
- I understand that I am making a commitment to this group and therefore am agreeing to attend the group, pay for the group, and participate in the group to the degree that I am able.
- I understand that if I deem it appropriate to drop out of the group before the end of my contract that I will work with the group facilitator to arrange for a final closure session. I understand that if I drop out of the group before the segment ends that my group fee is non-refundable because it has been used to reserve my place in the group and thus has prevented another potential member from joining.

I have read the preceding information and agree to the terms of this agreement:

Client Name: _____

Client Signature: _____ Date: _____

Therapist/Witness: _____ Date: _____