

Group Psychotherapy Contract

Partner's Group

Safety is of primary importance in therapy. To provide you with the highest level of safety and to maximize the quality of your group experience, please carefully read through the following rules and guidelines. Initialing each item and signing the contract indicates your agreement to follow the rules and guidelines. If you have any further questions, concerns, or if you need further clarification, please ask your group facilitator: Dorit Reichental (doritreichental@gmail.com).

1) Maintaining Confidentiality and Anonymity: To provide safety within the group, it is imperative that personal information which is shared by group members in or out of group is considered confidential. Personal information, including but not limited to participant names, occupations, history, and specific content shared within group should not be shared with anyone outside of group. Although Dorit is legally mandated to maintain confidentiality, to establish cohesion, trust, respect, and safety, group members must commit to maintain confidentiality. _____

2) Prompt Consistent Attendance: It is important that you make an honest effort to attend meetings, barring unforeseen emergency circumstances. Please contact Dorit if you know you are going to miss a group. We realize that emergencies happen and things to come up, but the absence of participants impacts the group process for everyone. Please do not relay messages through other group members, but contact Dorit directly if you are going to miss group or be late for group. _____

3) Terminating Treatment: Participation in the group is voluntary. Due to the intimate nature of this group, we are requesting a commitment of at least 6 weeks to the group, but it is always your right to leave the group at any time. If you do decide to leave the group, we request that you attend two termination sessions: one session to inform the group and the other to process goodbyes within the group. This also allows time to reflect upon the group experience and for the group to communicate thoughts, feelings, and feedback around termination. _____

4) Group Cohesion / Integrity: The aim of this group is to help partners address personal issues, relational issues, and wounding that sex addiction has caused in their lives. Because of this, it is vitally important that no dynamics become established outside of group that may undermine the process inside of group. While supportive relationships outside of group can be a very important component of the process, if support or feedback is given outside of the group, group members agree to bring this process back to group the following week. This allows for the preservation of the integrity and cohesion

of the group. _____

5) Homework: Homework assignments may be given to promote the work of your treatment. It is important to adhere to the directives of your facilitator and follow through with your assignments. If you have any concerns with a directive or assignment, please ask Dorit for clarification. _____

6) Respect is vital to the therapy process. While part of the group process is to provide feedback, which at times can be difficult to hear, any feedback given should always come from a place of respect. Undermining or devaluing other group members is unacceptable.

Even as disagreements arise in group, dignity, respect, and value must be maintained. Any concerns or complaints should be brought directly to Dorit.

7) Fees: To reserve your spot please pay \$600 (\$100 per session) through zelle to avivakohl@gmail.com OR go to guardtheirhearts.com and click 'Book Online' where you can pay in two payments of \$300. Clients are billed for their space in the group regardless of attendance. Exceptions are made for religious and national holidays, if group is cancelled, in cases of major illness, personal or family emergencies, or as determined by Dorit. Any other foreseen absences, in which a member needs to miss a group, should be discussed with the group facilitators and the group in advance. _____

I have read and understand the above-mentioned rules and expectations described in this contract pertaining to participation in group psychotherapy. _____

Client Name - Print

Date

Client Signature