

## GROUP RULES AND EXPECTATIONS:

1. **ENTRY:** The Family Group session begins promptly at 6 PM. The door will open at 5:50 PM for participants to enter the building. The doors will close at 6 PM and no one will be allowed entrance to the building beyond that time. Participants who have received invitation letters must bring the invitation letter in addition to a written Impact Statement to the group session. You will be required to sign in before the session begins. Clients will be brought to the group room at 6:15 PM. Again, no cell phones are allowed on the unit. No food or drinks! There are stairs to climb, and there is no Waiting Room for children or others who are not allowed to attend.
2. **BOUNDARIES:** The group will begin with The Serenity Prayer for those who care to join. Otherwise, we respectfully ask that all participants/group members please refrain from referencing or imposing any religious/denominational beliefs, values, and practices during the group session. Local church organizations offer services and prayer in our facility on Wednesdays for any client who chooses to participate. The primary purpose of the family group session is to focus on desirable and undesirable cognitive-behavioral processes and initiate the healing process between family members by increasing open communication.
3. **IMPACT LETTERS:** Those invited to the family group sessions are asked to write and read an "Impact Letter" in the group session (refer to Page 2, "Family Impact Statement"). This is required for group attendance.
4. **CONFIDENTIALITY:** "What is heard here and who is seen here stays here." *Anything said between any two or more group members at any time is part of the group and is confidential.* I understand that everything said in group is confidential. I agree to keep confidential the names of other members of the group and what is said in the group. I understand that there is an exception to this confidentiality which applies to the group leader; if the group leader believes that someone is in danger, the leader has a professional obligation to take direct action in order to keep everyone safe. I understand that if I violate this confidentiality I could be discharged/removed.
5. **DIGNITY:** No group member is ever to be harshly judged, humiliated, hazed, or abused in any way. It is helpful to place blame on the problem behavior(s) rather than the individual as the latter results in defensiveness and possibility of shutting down without resolution of the problem(s). Ex: "Your behavior has caused...."
6. **VIOLENCE OR INTIMIDATION:** Violence/intimidation toward group members is not tolerated. I understand I must never be verbally/physically/emotionally violent, insulting, or intimidating toward other group members. If I threaten to harm persons/property, I will be asked to leave the group and/or discharged from the facility.
7. **ALCOHOL/DRUG USE:** Group members cannot participate under the influence of alcohol or other mind-altering drugs. When under the influence of chemicals, people do not have access to their emotions and have less control over their behavior. I understand that if the leader believes that I am under the influence of alcohol or other drugs, I will be asked to leave the group.
8. **GOSSIP, SIDE-CONVERSATIONS, INTERRUPTIONS:** Gossip and secrets can be very destructive in a group. This reflects passive-aggressive behavior and adds to problems rather than movement toward solutions. I agree that if I have something to say to another group member, I will try to *respectfully* say it to the group member directly while genuinely taking into consideration his/her feelings rather than talk about him/her behind his/her back. I will also refrain from unruly interruptions and distracting side-conversations. I will listen attentively and without interruptions to the individual who has the floor. I will stay seated throughout the group.