



# Group Guidelines

## Group Philosophical Coaching

### Confidentiality

Confidentiality is the shared responsibility of all group members and leaders. I agree to keep discussions that occur in group confidential and keep names and identities of other group members confidential. I am free to disclose to people that I attend group, but to protect confidentiality, I will not discuss person-specific details of other group members to persons outside the group. I understand that 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, thus making an exception to this confidentiality. I understand that if I violate this confidentiality, I could be removed from the group.

**Rationale:** Feeling safe to share in group is very important to a successful group experience. Breach of confidentiality undermines trust and safety of group members.

### Privacy

No group member is ever required to answer any question, to participate in any activity, or to tell anything. If I am asked questions or asked to participate in an activity which makes me feel uncomfortable, I understand that I have the right to pass. I agree that will never pressure other group members to participate in any discussion or activity after the member has passed or refused. I understand that the group leader is obliged to protect this right. I also understand that I will benefit more from group the more I am able to take risks in sharing and participating.

**Rationale:** Group members always retain the right to privacy and self-determination with respect to their participation in the group.

### Intimidation, Violence, and Respect

No group member is ever humiliated, hazed, or abused in any way. I agree to avoid this destructive behavior. Violence or intimidation toward other group members is never tolerated. I understand that I must never be violent or intimidating toward other group members and that if I threaten to harm persons or property I will be asked to leave the group. I respect the rights of others to express their opinions, and will provide space and time for them to do so.

**Rationale:** All members need to feel safe and respected. Individual outbursts or disruptions, or unduly long use of group time, take the focus off of the group process and undermines the safety of the group.



## Exclusive Relationships

Although some interactions will occur outside of the group (e.g., waiting room conversations, riding home on public transportation), I agree to avoid socializing with other clients while we are both members of the group.

**Rationale:** Socializing outside of the group can undermine the effectiveness of the group by blurring boundaries. Even if clients go out for coffee after a group, they form a relationship that others cannot share, and the stronger the relationship, the more likely it is to interfere with group interactions.

## Gossip

I agree not to talk about group members who are not present or engage in gossip about other members of the group. If I have concerns with a group member, I agree to address those concerns with the group member directly.

**Rationale:** Members who are not in the group any longer or unable to attend a session cannot speak for themselves. Discussions about absent members can undermine trust in the group.

## Alcohol and Other Drugs

Group members cannot participate in the group under the influence of alcohol or other mind altering drugs. 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.

**Rationale:** Coming to the group under the influence of alcohol or drugs can be disruptive to group interactions and tends to put the focus on the intoxicated member rather than the group as a whole.

## Attendance

I understand that if I fail to attend a group session for which I am scheduled, or if I cancel or reschedule less than 24 hours in advance, I will be charged the full session fee of \$65 or I will forfeit a pre-purchased session. I agree to make every attempt to be on time.

**Rationale:** Attending group, on time, allows for effective planning and demonstrates commitment and respect for the group.

I understand that it is the group leader's responsibility to enforce these procedures and guidelines. The group may, when it wishes, propose other procedures and guidelines which will be up to the group to monitor.