

Story Group Agreement

Doing Story Work in a group is an opportunity to gain more understanding about yourself and your story in a powerful and valuable environment meant for healing and growth. The philosophy and approach to group story work is the belief that we need others to reflect who we are back to us.

Your group facilitator(s)' primary responsibility is to create an atmosphere of safety and support in order for you to get the most out of the group. Your group facilitator will encourage each group member to be honest, vulnerable, and respectful about any feelings and observations in the group. During the process of group work, it is normal to have intense feelings and reactions to your story, other group members or even towards your group facilitator. If for any reason you experience any negative reactions or blocks towards participation, please share this with the Group.

Each group member gets to decide how and what they bring to the group. It is important to recognize that group work is not magic, and change does not occur overnight. Your willingness to participate fully in a group and your openness to take feedback from your facilitators and other group members will play a role in how much you grow.

While the story work may feel therapeutic, **story group work is not group therapy**. If you are currently in therapy or otherwise under the care of a mental health professional, please consult with this person regarding the advisability of participating in this group and be sure this person is aware of your decision to proceed with the story group work.

It is important for you to establish and access your own personal support system outside of the group while doing group work. Your facilitator is not a licensed therapist and that this group work does not treat mental disorders as defined by the American Psychiatric Association. **This story group work is not a substitute for counseling, psychotherapy, psychoanalysis, mental health, or substance abuse treatment**. If you believe that group is not the most appropriate setting for you to heal and grow, please talk with your facilitator about other possible options or referrals/resources.

Consistent Attendance: It is very important that you consistently attend scheduled group sessions. Please be aware that your absences negatively influence the progress of yourself and the other group members. If for any reason you are not able to attend a group session, please inform your group facilitator as soon as possible. Missed group sessions will not be reimbursed unless there is an unforeseen illness or emergency.

Group Member's Agreement for Confidentiality: *All members of the group will be asked to agree to a high level of confidentiality in the group sessions. This means that each participant agrees not to share anything discussed in the group about any other participant. It is appropriate to share your personal reaction and feelings about the group with others, but please do not share other people's emotions, statements, information, or stories with anyone outside of the*

group. This includes on any online or social media forum. You are not permitted to use any method of recording the groups, and it is imperative that you are in a private space where no one else is in hearing or visual proximity to the virtual group session.

Confidentiality: It is important that you feel comfortable in a group to share. Sometimes you might want to discuss things that you do not want those outside of the group to know about. You have the expectation of privacy in group sessions. However, there are some exceptions to this rule. In some situations, in accordance with professional ethics and state laws, your facilitator may disclose information without your permission. Some of the circumstances where disclosure is required by law are: +If you, a minor, a dependent person, or an elder adult is being abused +If you are in danger of hurting yourself, someone else, or another person's property +When others communicate to your facilitator that you present a danger to others +If you are doing things that could cause serious harm to you or someone else, your facilitator will use their professional judgment to decide whether a duty to warn exists to ensure everyone's safety. In these situations, your facilitator will talk with you about her concerns and discuss the best way to include your support system in order to get the support that you need.

Fees: The fee for each group session depends on the nature and length of the session. Payment in full is requested for the total of all sessions at the first session unless other arrangements have been made. Payment can be made by credit card (+ service fees) or through PayPal, Venmo or Zelle. In some cases, you may also pay by a check. You will receive regular invoices tracking services and payments.

Limited Liability: There are no guarantees, representations or warranties of any kind or nature, expressed or implied with respect to the services negotiated, agreed upon and rendered. In no event shall the Facilitator or Solid Foundation Story Coaching be liable for any indirect, consequential or special damages. Notwithstanding any damages that may incur, the Facilitator's and Solid Foundation Story Coaching's entire liability under this Agreement, and the exclusive remedy, shall be limited to the amount actually paid to the Facilitator under this Agreement for all services rendered through and including the termination date. The Facilitator and Solid Foundation Story Coaching is not liable or responsible for any actions or inactions, or for any direct or indirect result of any services provided.

BY CLICKING ON THE CHECKBOX AND AFFIXING MY SIGNATURE BELOW, I AM AGREEING THAT I HAVE READ, UNDERSTOOD AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.

Signature: _____

Date: _____