**Therapy Group Ground Rules**

**Participating in group therapy and sharing yourself with others can result in numerous benefits, including a deep understanding of your own situation, improving interpersonal relationships and resolving the concerns that led you to seek group counseling. Working toward these benefits, however, requires active involvement, honesty and openness on your part to talk about your own experiences and willingness to support the individual journeys of the other group members. The group leader’s role is to facilitate this group process.**

**To foster these goals, several group ground rules are important.**

1. **Regular and timely attendance. Members will be expected to notify the group when they know they will be away or late for group.**
2. **Members make a commitment to the length of the group (usually eight-or ten-weeks).**
3. **Members will treat matters that occur in the group with utmost confidentiality. To that end, members are expected not to discuss what happens in the group in any way that may disclose the identity of another member.**
4. **Payment for group is due when invoices are received by the end of each month (invoices will be scanned and emailed). Members are responsible to pay for all sessions whether they are in attendance or not.**
5. **If you have trouble with any of the above ground rules, please bring your concerns to the first group for us to discuss.**