



Addendum for Group Therapy to Outpatient Service Agreement

This addendum is an adjunct to the Standard RTPC Service Agreement.

Group Therapy

The outcome of Group therapy varies depending on the personalities of the therapist, the patients and the particular problems being addressed. Education is a substantial part of group therapy; however, group interaction and support is also a major component. You will learn from and receive support from others who are experiencing similar concerns. In order for group therapy to be most successful, you will need to work on things we talk about both during our sessions and at home.

Group therapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, group therapy has also been shown to have many benefits. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. However, there are no guarantees of what you will experience.

Group Confidentiality

In addition to standard confidentiality agreements (see below) we do require that each group member agree to keep identities and shared information of each group member confidential. When you sign this service agreement, you agree to keep confidentiality in the same manner as the therapist agreed to maintain confidentiality of the group.

Payment Agreement

Payment is expected for each session at the time of service. As part of your commitment to group therapy, you agree to attend weekly groups for a 3-month period. For each 3-month group session, you will be allowed to miss one group session without financial penalty. After the one free miss session, you agree to pay your usual full session fee for each group session you miss, regardless of the reason for your absence. This help preserve the group integrity and helps group members commit to regular attendance.

Your signature below indicates that you have read the information in this document and agree to abide by its terms during our professional relationship.

CLIENT SIGNATURE

DATE