



## **Information and Consent for Core Counseling Services’ Group Experience**

### **Clinician-Client Agreement**

Welcome and thank you for selecting Core Counseling Services for your group experience! This document contains important information about our professional services and business practices. Please read it carefully and note any questions you may have so we can discuss them. As a consumer of our services, you are entitled to be fully informed. When you sign this document, it will represent an agreement between us.

### **Group Services**

Group can be a powerful and valuable venue for healing and growth. It is the desire of your group facilitator that you reap all the benefits group has to offer. To help this occur, groups are structured to include the following elements:

- A safe environment in which you are able to feel respected and valued as you work
- An understanding of group goals and group norms
- Investment by both your facilitator and members to produce a consistent group experience

### **A Safe Environment**

A safe environment is created and maintained by both the facilitator of a group and its members. Primary ingredients are mutual respect and a chance to create trust. Another primary ingredient for a safe environment has to do with confidentiality. Your group facilitator is bound by law to maintain confidentiality, as group members are bound by honor to keep what is said in the group, in the group. We realize that you may want to share what you are learning about yourself in group with a significant other. This is fine as long as you remember not to talk about how events unfold in group or in any other way compromise the confidentiality of other group members.

The facilitator of your group will ask you to sign a release form so that they can talk with your individual therapist. This is a safeguard for you which allows consultation between group leaders and your individual therapist should the need arise. This also provides you with extra support should a difficult issue come up in group that may need more individual attention.

### **Limits of Confidentiality**

- If you are a threat to yourself or others (showing suicidal or homicidal intent), your facilitator may need to report your statements and/or behaviors to family, your therapist, or other appropriate mental health or law enforcement professionals in order to keep you and others safe.
- There are a broad range of events that are reportable under child protection statutes. Physical or sexual abuse of a child will be reported to Child Protective Services. Elder abuse is also required to be reported to the appropriate authorities.

- If a court of law orders a subpoena of case records or testimony, your facilitator will first assert “privilege” (which is the right to deny the release of your records). Your facilitator will release records if a court denies the assertion of privilege and orders the release of records. Records may also be released with your written permission. Records will include only your personal progress in group – not information about other group members.
- Facilitators may consult with other professionals regarding group interactions. This allows a freedom to gain other perspectives and ideas concerning how best to help you reach your goals in the group. No identifying information is shared in such consultations unless a release has been obtained from you as a group member.

### **What to Expect**

Group time consists of both teaching and processing time. Processing may revolve around an issue one member of the group is working on with time for structured feedback and reactions by other members of the group. At times the group may focus on a topic with all members verbally participating. In either case, the group dynamic offers a place where you can experience support, give support, and understand more clearly how you relate to others, and examine your own beliefs about yourself and the world around you. These dynamics provide a very powerful environment for change. Remember, the more you give of yourself during the sessions, the more you will receive. The more honest and open you are, the more you allow for insight and growth.

### **Financial Terms**

The fee for the group is \$270.00 for 6 sessions. Due to the nature of our group experiences, insurance will not cover these sessions. Payment is required before the initial session of the group begins.

### **Consent**

My signature below indicates that I have read the above information, understand these policies, and agree to the terms of group participation

Name (printed): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_