

Jonathan Lebolt, PhD, LCSW, CGP

Therapists' Group Agreement

Being in a therapy group as a therapist is an invaluable growth experience that is both personally and professionally enriching. This group will focus on developing emotional intimacy among members and in relationships with others. The group serves as a “relationships lab” where members may work on their actual relationships within the group. In order that we may have a successful group therapy experience, I ask that you agree to the following guidelines:

1. **Group Consultation Sessions:** If you are not in individual therapy with me, I will normally meet with you for at least (1) individual session prior to joining group. I can usually tell in the first session whether there's a good fit. Some patients find it helpful to schedule an individual meeting shortly after the first group session or to meet individually on an occasional basis. Let's agree that if either of us thinks an individual session would be helpful, we will schedule one. The cost of group consultation sessions is \$200. I will charge your credit card for this after the session.
2. **Confidentiality:** “What's said in the group stays in the group.” If you wish to share your experience of group with others, be sure to do so in a way that disguises the identity of other members.
3. **Participation:** Please bring up any thoughts or feelings that come up in the session (or that came up in previous ones) or whatever issues are on your mind. The group will be both highly supportive and gently challenging.
4. **Attendance:** Members become important to one another in group. To honor these relationships, please plan on attending each week on time and staying for the entire session. I ask that you give the group a commitment of at least (3) months. Most members stay at least several years, and many members stay much longer as they continue to find the group a growthful experience. Let the group know in advance if you need to miss or be late for a session.
5. **Cancellation:** Because I am unable to fill your spot with another patient, the way I could for an individual session, you are normally responsible for full payment for all group sessions held, even when you are unable to attend, but I will allow you (4) unpaid cancellations per year. Call or text me at (973) 524-4917 if you learn you must cancel or

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Therapists' Group Agreement (Cont.)

be late at the last minute (I'll get your message faster this way than email).

6. Payment: I will charge your credit card \$80 after each group session, unless we make other arrangements.
7. Discontinuing: Though you are free to discontinue group at any time, group members are important to one another. If possible, please let the group know when you are thinking about discontinuing, allow members to have input into your decision process and spend at least (3) sessions afterward to deal with the process of saying goodbye.

Name of Client

Signature of Client

Date