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Group Therapy Agreement

Group therapy is a wonderful way to develop and improve relationships with significant others, family, friends and colleagues. The group serves as a “relationships lab” where members may share about problems in their external lives and 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 one individual session prior to joining a 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.
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 whatever problems are on you mind or any feelings that come up in the session (or that came up in previous ones). 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 a year, 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. The group meets on Thursdays from 5 – 6:15 pm.
5. **Outside Contact:** If you have outside contact with another group member, I invite you to share your experience of it with the group.

6. Cancellation: Because I am unable to fill your spot with another patient, the way I could for an individual session, you are responsible for full payment for all group sessions held, even when you are unable to attend. I will allow you (4) unpaid cancellations per year. For these unpaid cancellations, I need you to cancel by 10:00 am of the previous business day, unless there is serious illness or an emergency. Call or text me at (240) 507-7696 if you learn you must cancel or be late at the last minute. I will give you as much notice as possible of my vacations and any other days off.
7. Payment: I will charge your credit card \$115 after each group session, unless we make other arrangements.
8. Discontinuing: Group members are important to one another. Please let the group know when you are thinking about discontinuing group therapy. Allow members to have input into your decision process, and if possible, spend at least (3) sessions afterward to deal with the process of saying goodbye.

Name of Client

Signature of Client

Date