

**Grief and Loss Support Group**  
**Thursdays Feb 23 – March 30, 2017**  
**6:30 – 7:30PM**

## **Informed Consent Agreement**

Group support groups are a powerful way of dealing with grief and loss. Members often find comfort and peace in knowing that they are not alone. Common emotions are often shared and understood by others going through similar experiences. A support group requires a safe environment and an understanding and commitment to the following guidelines.

### **Commitment to group process**

Group members are expected to make a commitment to attend the group, on time each week, for all 6 sessions with the exception of illness or an emergency. If you know in advance that you will miss a group session, please share the date of your absence with the group/ facilitators beforehand. Group will start and end on time.

If you decide not to go on or are unable to go on with the group, please discuss the reasons with the group and its leaders. Members of the group often grow to care about one another and may feel hurt if you leave without any explanation. Please do not drink alcohol or use any drugs before coming to the meetings. While this is not a faith based group, spiritual beliefs often surface as a significant way of understanding loss and finding comfort. Your beliefs may differ from those expressed and we ask that you be respectful of beliefs that may differ from your own. Support groups are not a replacement for individual therapy if mental health issues arise that are not suitable for the group's process you may want to consider individual meetings with a therapist.

### **Confidentiality**

Sharing in a group requires both vulnerability and trust and so it is necessary to keep all information discussed in the group confidential. We will address each other by first name only. You may not discuss the identity of other group members, any information members share or the reactions of any member of this group with anyone outside of group. Healing from a loss is a personal experience and we ask that you understand and be respectful that others may grieve differently than you, or be in a different place in their grieving process.

The following conditions will permit facilitators to share information outside of this group:

- 1) If there is a suspicion of child or elder abuse.
- 2) If there are threats of serious harm to yourself or others. (This could require reporting to police or appropriate agency.)
- 3) If the court of law subpoenas information for a legal proceeding.

### **Fee**

The full payment of \$140 for the six hour group sessions is due at the first meeting. You may pay by check (made out to New Hope Counseling, PLLC) or in cash.

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Member Signature

Date