

Group Contract

Please read the following pages carefully, then sign and return the consent form to begin the therapy process.

What is the group?

Working Therapeutically in a Group

Group therapy is a unique kind of therapy where a group of people who are experiencing similar challenges work together towards feeling stronger. We will make sure that the group is a safe place for sharing, accepting and taking care of each other. There is no expectation to share anything you do not want to about your history and experiences; you are invited to share as much or as little as feels comfortable.

Hearing other people's stories and experiences can bring up different feelings within us. The therapists will work with you to understand, identify and respond to any triggers you have that are activated in the group.

Post-session check-in calls with one of the facilitators can be arranged if: you feel you need to talk to one of the facilitators between sessions about an issue that you have not been able to bring to the group; you miss a session; if you have found some of the material or group work emotionally challenging and need some time to process this individually.

Working in a group pre-trial

If groups members have an open police investigation and their case be 'pre-trial', there is a risk to the outcome of the criminal trial if case information is shared. For this reason, we ask you not to share detailed case information in the group sessions. If anyone starts to share detailed case information the facilitator will be required to interrupt them, to prevent any risk of breach of information.

Group commitments and Confidentiality

In group work people often share personal stories. Confidentiality means keeping everything that is shared in the group safe and private. It is OK to share what you have learned in the group/course, and the topics discussed, but are asked to do so

Continued below



in a way that respects and protects everyone's privacy and does not compromise the confidentiality of the other members of the group. For example, if you talk about your experience of being in our group to others outside the group, it is very important not to use identifying details of other members.

To help everyone feel a sense of safety, we ask participants to commit to the following:

- When sharing personal experiences, try to make sure that they are within the scope of the topic or being discussed.
- Do not share identifying information about an event, court case or about the person who abused you or your child.
- For parent group contracts - It is OK to use your child's name, if you would like to. This will be something we think about when setting up the course agreement together with other group members too.

What to expect

During the course, there may be discussions that bring up painful or upsetting feelings and memories for you. At times you might:

- Feel emotions in response to the trauma of sexual abuse including anger, shame and powerlessness.
- Experience vulnerability or exposure after sharing an aspect of your experience or feelings with others
- Find it difficult hearing about others' experiences or about aspects of the impact of sexual abuse that others are struggling with.
- Be validated by sharing your emotions in the group
- Discover new ways to manage and work with uncomfortable feelings
- Feel more able to connect with others as you experience the support of people the group.
- Build your confidence by realising how much you already know and intuitively do to support your child.

Attendance, Cancellations and holidays

Regular attendance is important. We ask that you attend these sessions regularly and on time to create group stability and a feeling of safety. Missed or delayed sessions interrupt the process, making it less effective for everyone.

If you miss two sessions in a row, you will not be able to attend the rest of the group sessions and the facilitators will think with you about whether you would like to return to a future course if the timing was not right for you, or whether there were other areas of support you and your family might need.

Cancellations

We understand that occasionally a session has to be cancelled unexpectedly. We ask that you please give us as much notice as possible. If you have to cancel on the day, you can contact us by phone call or text.



Signed Contract

- I have read and understand the contract and agree to its terms and conditions.
- I provide my full consent to join the group.
- I agree to attend the group regularly and on time, and that I will inform the service if I am unable to attend.

Signed:

Name:

Date:

Counsellor / therapist signature:

Name:
