

Tuesday Group Contract
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In the interest of creating an optimal healing and growth environment, we offer the following contract, rules of conduct, and group guidelines.

Contract:

1. The group meets from 7:00 to 9:00 pm on Tuesdays when there are 7 or 8 group members. When there are 6 or fewer people in the group, the group will meet for one and one-half hours, from 7:00 to 8:30 pm. (On the infrequent occasions when there are three or fewer people, the group will meet for one hour, from 7:00 to 8:00 pm.) Group will start and end on time; please honor this, as late comings are disruptive.
2. We ask that each group member make a three-month initial commitment to the group. We ask you to make this minimum commitment for two reasons: you will need that time to adjust to the group, and it is hard on other members when someone comes and goes quickly. If you are unable to remain in the group for three months, you will be held financially responsible for group fees for that period.
3. The current fee for the group is \$120 per session. Absences detract from the group's ability to work as a unit, and we encourage you to consider joining this group to be a primary commitment. We allow three unbilled absences each year, beginning January 1st of each year. This credit is offered primarily to cover the unexpected, and we encourage you to save it for such, but you may use it as you choose. If you miss more than those sessions, you must pay for them. Any problems or questions about your bill can be discussed with us outside of regular group time.
4. We offer two all-day sessions each year. These sessions are part of the fabric of the group, and we expect everyone to attend. We will do our best to coordinate these sessions with group members' schedules. Members are financially responsible for these sessions whether they attend or not. The current fee for the all-day session is \$220.
5. All group members are expected to be in individual therapy while participating in the group. You may negotiate frequency of individual sessions with your individual therapist.

Rules of Conduct

1. Please give at least 24-hours notice if you must miss a session. If you know ahead of time that you will miss a meeting, please let group members know at the previous meeting.

2. If you decide to leave the group after your commitment ends, you need to give at least three sessions' notice. Typically, group members announce in one session that they are leaving and terminate with the group over the next two sessions. This termination process is very important, as it allows you and the other members to finish up with each other and say good-bye.
3. **Confidentiality:** What is said in group must stay in group. You may wish to discuss your own experiences in the group with others, but the names of other group members and their experiences must be safely guarded. It's ok for group members to have contact with each other outside of group, but it is essential to discuss any contact in group.
4. Members of the group may not enter into a primary relationship with another member of the group. In addition, there will be no sexual contact between members of the group or between therapists and group members.
5. Smoking during group or in the building is not permitted. Members are expected to be alcohol and drug-free during sessions (with the exception of prescription medication taken as indicated).

Guidelines

1. We encourage each group member to take risks, but to proceed at her or his own pace. We will support members in finding a pace that works for them. In addition, we encourage the expression of anger when appropriate, and we will help you find a safe way to do that. However, you may not physically hurt yourself or anyone else.
2. In order to help members stay as emotionally present as possible during group sessions, issues between group members or between group members and the leaders take priority over other issues. In addition, interruptions take precedence.
3. Members agree to talk about the issues that prompted them to join the group and to remain in the group until completion or resolution of the problems or issues they came to the group to address. Members also agree to talk about their process as they work towards termination in the group.

If you have questions or wish to discuss these policies, please let us know.

I have read the Group Contract and agree to honor it.

Client Name

Date

Witness