

Group Contract  
Thursday Women's Group  
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Welcome to our Thursday Women's Group. The following contract, rules of conduct and guidelines are designed with the idea that the group may continue beyond that initial commitment, so please keep that in mind as you read through and sign. We will be meeting using PsyBooks Zoom rather than in person, with periodic in-person meetings. You will notice that some of the guidelines assume that we are physically together.

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

**Contract:**

1. The group meets from 5:00 to 6:30 pm on Thursdays. Group will start and end on time; please honor this, as late comings are disruptive.
2. I ask that each group member make a three-month initial commitment to the group. I 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 \$95 per session. If you pay using a credit card, I add a \$5 service fee. I do not bill insurance for group. Absences detract from the group's ability to work as a unit, and I encourage you to consider joining this group to be a primary commitment. I allow three unbilled absences each year, beginning January 1<sup>st</sup> of each year. This credit is offered primarily to cover the unexpected, and I 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 me outside of regular group time.
4. All group members are expected to be in individual therapy while participating in the group.

**Rules of Conduct**

1. **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.

2. 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.
3. 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.
4. 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. I encourage each group member to take risks, but to proceed at her own pace. I will support members in finding a pace that works for them. In addition, I encourage the expression of anger when appropriate, and I 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 leader 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 me know.

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

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Client Name

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Date

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Witness