



GROUP THERAPY AGREEMENT & INFORMATION FOR PARTICIPANTS

Group Therapy is a powerful setting where clients can learn about and enhance the way they relate to others. Although many people find groups challenging, we are often in a group – family, friends, school and work, and many people may not know how to best express themselves whilst also feeling valued and belonging in groups.

Group Therapy is suitable for those who may:

- Want to improve and develop their interpersonal skills
- Have relationship difficulties, social anxiety, low self esteem
- Are not sure what they want out of life/work/therapy
- Are struggling to make progress in 1:1 therapy
- Are willing to practise relating skills and learn by interacting with group members.

Benefits of group therapy:

- Practise communication skills
- Heal and break free from emotional blocks and restrictive patterns
- Experience non-judgmental support
- Build self-esteem, resilience, and self-acceptance
- Practise effective ways of relating to others
- Improve relationships with partners, friends, family and at work.

Therapeutic Approach

By creating a 'safe enough' and cohesive **Therapy Group**, free flowing interaction between members is gently encouraged. This fosters spontaneous interpersonal behaviour between members in ways that tend to mirror how they relate to others in their lives. This 'here-and now' focus is balanced by sensitivity and acceptance of clients' past experiences that may be evoked by the group process.

Group Format

The groups meet fortnightly for two-hour sessions.

The group format is open, this means that membership gradually changes as new people join whenever openings are available. Members generally stay in the group until they have fully met their personal goals.

The group will be mixed and have a maximum of eight members.

Commitment

Whilst there is no minimum required length of stay in the group, it is advisable to stay for at least one year. This is because embedding interpersonal change is not a short-term process and it takes time to build group cohesion, safety, trust, and rewarding connections between members.

Confidentiality

Confidentiality is essential for building trust in the Therapy Group. Therefore, members need to agree to respect each other's privacy by not identifying other group members' names or their specific details to anyone outside of the group.

I commit to keeping confidential everything that happens in group and individual sessions, except where I am concerned that members may harm themselves or others.

Finishing Group

When you are thinking about leaving the group, please first discuss this with me and the group. As people develop close relationships in group, it is important to allow time to process completions when you decide to leave. Therefore, you are encouraged to give one month's notice. This allows time to complete any interactions with other members and for a final reflective process to consolidate your group experience.

Joining and Attendance

To join the group firstly we would have an introductory phone chat (at no charge), then come to several individual sessions, in-person, so that we can get to know each other, discuss your needs and to find out if the group is suitable for you. If you are seeing another mental health professional, I will need to collaborate with them. Once you start, if you need to miss a session, please let me and other members know in advance whenever possible. You are expected to arrive on time and to stay for the whole session, however if you occasionally need to arrive late or leave early, it is still better to come rather than miss the session.

Where: Waverley, NSW 2024 (details to be provided when booking the first session)

When: Fortnightly on Tuesday or Thursday evenings 6 to 8pm,

Payment Details:

The cost for individual session is \$160 + GST.

For group sessions the cost is \$400 (incl GST) for 4 sessions to be paid in advance.

If you miss sessions or leave the group before completing your pre-paid term, there is no refund.

Fees are to be paid in advance by cash, or by EFT to:

Account name: T J Armitage

BSB: 082 140

Acc: 63 169 3261

Agreement

I (name), agree to the above requirements.

Signed.....

Date:.....