

Reflections Group: Therapy Contract

This is a Gestalt Therapy group and we as facilitators will attempt to support you, and the other group members, as fully as we can as you explore personal material and interact in the group. We aim, in the theory and tradition of Gestalt therapy, to base our work on the principles of Existentialism, Phenomenology, Experiment, and Dialogue. To participate in this group we want you to agree to the following conditions:

- 1) Be on time and keep the start and finishing times as well as breaks times as agreed at the beginning of each workshop.
- 2) After the initial weekend of attending new members can decide if they want to commit to this group; this allows for confirming a good match between the new member and the style and approach of therapy work, and for the new member to experience if there is sufficient support from established members and the facilitators before committing.
- 3) You are required to pay the full amount for missed weekends. If you are unable to attend please inform us as soon as possible. The fee for the weekend is £150, notification of any fee changes will be made two weekend sessions before the new amount is payable. If participants experience difficulties in paying the fee we are willing to negotiate a payment plan.
- 4) If a member chooses to leave the group, after having attended more than the initial therapy weekend, he or she is required to announce the intention of this at a therapy weekend and then make the following therapy weekend the ending session. This helps to facilitate, where possible, a satisfactory ending for the member who is leaving and for the remaining group members and facilitators. The full fee is payable for the 'announcement weekend' and for the 'ending weekend' if the member chooses to leave prematurely.
- 5) Maintain confidentiality of group members and facilitators. What is discussed in the group stays within the group. You can share your own impact outside the group to ensure you are supported, please preserve the privacy and identity of others involved in your impact. If you feel unsafe or unsupported in the group it is important that you inform someone outside the group, especially if you are not getting a satisfactory response from the facilitators. Where possible please feedback your experience to the facilitators either personally or through a supportive third party. It is the duty of the facilitators to take action in disclosing any concern about safety of group members or harm to others if that emerges in group work. The facilitators will talk about the group process and about therapeutic interactions in clinical supervision. Privacy of members will be preserved in supervision.
- 6) There is no restriction on making and maintaining friendship relationships outside the group between members, this can often prove to be a valuable source of ongoing support. If any relationship problems arise it is important to bring these to the group. Please be explicit about loving relationships that form between members. While such relationships are natural they can be problematic in terms of the group dynamic. Should such a relationship develop outside of the group, one member of

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the loving relationship will be required to leave. The usual leaving arrangements will apply (see item 4).

- 7) Violence toward others in the group will not be tolerated. Persons who cause damage to the building, equipment or property of others are liable for its replacement/repair and may be asked to leave the group immediately.
- 8) All members each have responsibility to manage their own psychological, physical and emotional boundaries, this includes retaining the right to say 'no' to experiments or exercises, and the right to end at any point a piece of therapy work. If a member chooses to opt out we would prefer that person to maintain a presence in the group. It can be particularly useful for members to organize a 'buddy' within the group that they can touch base with for some additional support.
- 9) Members can request a short consultation with a facilitator before during and after weekend sessions.
- 10) Reflection sheets are provided for completion at the end of each weekend, there is no obligation to complete these although doing so can help the facilitators assist and monitor individual progress, as well as supporting members to integrate the impact of the weekend in terms of personal learning, awareness and development.

Unforeseen issues relating to the group which have not been adequately covered in this contract will be addressed as they arise, through discussion between the facilitators and with their external consultants/supervisors if required, and in negotiation with the group members when practical and possible.

I have read, understood and agree to abide by the above conditions.

Name:

Telephone/mobile

Signed (participant):

Date:

Signed (facilitators):

Date: