

Take Care of Yourself: Escaping Codependence Group Contract

This group will examine the core issues of Codependency in a safe and supportive environment. The goal is for each member to develop healthy intimate relationships. Cognitive-behavioral and interpersonal techniques will help members examine:

<i>Internal and External Boundaries</i>	<i>Perfectionism</i>
<i>Needs and Wants</i>	<i>Dependency</i>
<i>Self Esteem</i>	<i>Moderation</i>

Group Goals:

(Note: each group member will, with the help of the therapist(s), develop more specific personal goals.)

1. To help members learn how to let go of self defeating thoughts, feelings and behaviors.
2. To increase members' self-confidence and self-esteem by finding their own voices and changing the belief systems about themselves and others.
3. To provide ongoing support, encouragement and guidance to each group member.
4. To take responsibility for their own health and well-being.
5. To assert themselves at the risk of disapproval.

Group Norms:

1. Each member makes a commitment to attend at least the first 6 sessions. Sessions will start and end on time. Absences and late arrivals are disruptive both to individual members and to the group as a whole. Each member is expected to meet with the leader, Grace Riddell, for an individual session on a quarterly basis.
2. Members are expected to inform the entire group at least one week (in session) in advance of any absences. Each member is allowed 5 excused absences per year (from the first group session until one year later). **At least 48 hours notice is required for not attending a Group or an Individual Session, otherwise the full fee will be charged. Please leave a detailed message with Grace Riddell by phone only - not by email.** Emergency circumstances will be considered on a case by case basis. If you decide to terminate your group participation, you are required to give four sessions notice to the group in a face to face session. You are expected to contact Grace Riddell by phone only when you think that you might want to terminate the group. Each member commits to a face to face exit interview with Grace Riddell before deciding to leave.
3. Members may not attend a session when under the influence of alcohol, marijuana or any other recreational, mind-altering drug. Members may be asked to leave a session if they are intoxicated or high on such a drug.
4. Homework assignments and out of group experiments are a core part of this therapy group. They help members extend the benefits of therapy well beyond the weekly sessions and into their world of everyday living. In joining the therapy group, members commit to working on experiments and completing homework assignments. Members who regularly do homework assignments generally are able to meet their goals more quickly than those who do not.
5. During most group sessions, members will participate in developing their own style by practicing new thought patterns and belief systems. Although members are encouraged to actively participate in such exercises, no member shall be required to do so if a particular activity is too uncomfortable.
6. Members are expected to openly and honestly describe their thoughts and feelings within sessions. Hiding your true thoughts and feelings, or discussing them only outside of group meetings, will hinder you and the group from reaching your goals.
7. Group members are also expected to treat each of the other group members and therapist(s) with respect, and to not violate their rights. If you are ever uncertain how to openly and honestly describe your thoughts and feelings in a manner that is respectful to others please consult with the therapist(s) for guidance.
8. Any out of group interaction is to be brought back to the group and discussed at the following session.
9. All information discussed or revealed in the group-including the identities of the group members-shall be kept strictly confidential by each member, and by the therapist.

Member's Contract:

I, (print your full name) _____, have carefully read and understand the group goals and norms described above. I commit myself to working toward these goals and abiding by these norms. I understand that I may be required by the therapist to leave the group if I repeatedly violate these norms.

Signature: _____

Date: ___/___/___