

## ***It's All About Change: A Cognitive-Behavioral and Interpersonal Group***

### **Group Goals:**

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

1. To help members examine how the stages of transition are at play in their individual situations.
2. To provide ongoing personal support, encouragement and guidance to each group member.
3. To utilize constructive feedback from group members.
4. To determine whether or not to look for a total change of scene or just needing a sabbatical/vacation.
5. To provide a safe and healing environment in order to face the next step.

### **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, on an individual basis at least quarterly.
2. **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 Grace Riddell a detailed message by phone only - not by email.** Members are expected to inform the entire group while in session at least one week in advance of any absences. However, when you know in advance, you are encouraged to communicate with the entire group by email. Each member is allowed 5 excused absences per year (from the first group session until one year later). 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 weeks notice in person to the group. Please contact Grace Riddell by phone only as soon as you think you may want to leave group. A face to face exit interview with Grace Riddell is required as soon as you decide to terminate group.
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 devoting to working on experiments and completing homework assignments and worksheets. Members who regularly do homework assignments generally are able to meet their goals more quickly than those who do not.

5. At each session, each member works with the group and with the therapist to work towards goals for change. It is important that each member makes a sincere effort to try to complete their homework assignments or experiments, because that effort will provide a valuable learning experience. Whether or not members are able to successfully complete their homework or experiments is less important than what they can learn from trying to do so.
6. 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.
7. 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.
8. 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.
9. Any out of group interaction is to be brought back to the group and discussed at the following session.
10. 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: \_\_\_/\_\_\_/\_\_\_