



GROUP AGREEMENTS

These group agreements have been identified in an effort to ensure the safety of group members, to establish consistency, and to define expectations:

Communication.

Be aware that we always communicate, whether we intend to or not; non-verbally as well as verbally.

Confidentiality.

What is said in the room, stays in the room. Do not share names or stories. In order to maintain group integrity, safety, respect and confidentiality, we ask that you refrain from discussing another person's issues outside of group if that person is not present for the discussion.

Respect/Listening.

Turn off cell phones and pagers. Avoid interrupting others. Ask before hugging or touching someone. Don't offer feedback or advice without permission.

Silence is Okay.

Sitting with silence allows people to collect their thoughts or simply to be with their feelings.

"I" Statements.

Saying "I think..." or "I feel..." brings ownership to your words and allows you to speak only for yourself.

No Put Downs...

...of yourself, or others, or groups of people based upon religion, race, sexual orientation, age, gender, educational level, etc.

Feelings are Fact

You are entitled to whatever feeling(s) you are having at whatever time, and those feelings can and do change. No one will try to talk you into feeling any other way.

Identify Your Issues and Your Needs.

No one is a mind-reader. It is your responsibility to ask for what you need, accept or decline feedback, or ask for clarification of an issue.

Right to Risk/Right to Pass.

You have the right to talk about what you need to. You also have the right to remain silent.

No Drugs/Alcohol.

It is expected that you will come to group without being under the influence of any non-prescription drugs or alcohol.

It is important to begin and end group on time. We ask that you make every effort to be on time. If you need to miss a group session please call or email one of the facilitators in advance.

Considerations For Participating in Group Process:

How does my presence and participation contribute to safety within the group, the empowerment of myself, others, mutuality, and power sharing?

How many times do I speak and for how long?

How well do I invite others to share their perspectives?

Do others in the group know me well enough to feel safe in my presence?

Do I demonstrate respect for differences, validating the experiences of others without diminishing my own presence, participation, and unique perspectives?

Am I clear about my own and others' boundaries related to disclosure and do I respect the limits established by others in the group?

Am I assuming some responsibility as a co-facilitator as well as a participant and learner?

Have questions or need directions?

Call 581-8030