

Holistic Psychotherapy by Santa
hpbysanta.net

Somatic Experiencing – Psychotherapy Group
Contract and Guidelines

GROUP MEETS WEDNESDAYS STARTING
JULY 7, 2021
FROM 7:00 – 8:30PM

Welcome to group. You have been invited into group because you have a lot to offer and much to receive as a valued and cherished group member.

Purpose

The purpose of this group is to provide a SAFE environment where members can process concerns and challenges often caused by traumatic events/experiences that may be adversely affecting their lives; career, relationships with family, lovers, marriage, friendships, co-workers and with self.

Members interested in working on similar goals, where safety is held sacred can try on new behaviors and/or work through old hurts. We invite everyone to “*work their edge*” – challenge themselves, be open to being challenged, identify and share transference triggers, and group style, personality and dynamics.

Group members can experience less isolation and loneliness as connections deepen while the feeling of being alone in the world dissipates. All work is processed compassionately, towards regulation and for purposes of healing.

Fees

The 90-minute group therapy fee is \$90.00 per person, per session. You are responsible for making monthly payments. Payment is due at the beginning of each monthly cycle. Your seat at group is reserved for you; hence, you are responsible for paying for missed sessions, with the exception of 1 pre-planned vacation day (in a period of 6 months).

Attendance

YOU are an important member of this group! Absences affect the group as a whole and can change the dynamics. ***Weekly attendance*** is required to demonstrate to yourself and other members your commitment to personal growth and to each other.

Please call/text me as soon as possible so your absence will be noted. Inconsistent attendance can create instability in the group and trust can be affected.

Only 4 absences every 6 months are allowed, attendance to all sessions, however, is expected. Please note that these absences can be for needs such as, 2 days due to sickness, 1 day due to vacation needs and 1 day due to work commitment.

In addition, planned vacations, up to two weeks are payment exempt.

Members are encouraged to keep each other accountable. An individual session will be required to discuss your commitment to the group if absence agreement is exceeded.

Time Commitment

This is an on-going group, with no end date. However, a 6-month commitment is required for each member. It is very common to want to leave group after 3 months. Intimacy develops among members followed by greater vulnerability as members begin to feel known.

Some members may begin separating themselves as vulnerability deepens. They may find the group disinteresting, unhelpful or too challenging. Should you experience this, you are having a "normal" response and sharing it within group and/or with the facilitator can be valuable for all. You matter!!

The group will not exceed 8 members. As members terminate, new members will be invited to join. Eight members are ideal to maintain cohesion and safety.

Confidentiality

Confidentiality is a NON-NEGOTIABLE condition of this group. To maintain safety for all members, confidentiality is critical. What is shared in-group stays in-group. Please understand that speaking on the phone or meeting up with another group member outside of the group room, is encouraged, however, confidentiality must still be maintained. Hence, discussing group material can easily violate the confidentiality agreement. When sharing outside of group, please be sure to Speak about your own experience and not others.

These safety measures are in place to avoid secrets and unhealthy coalitions learned from previous relationships or from family of origin forming. Should conflicts arise or information be shared between members that involve/affect any other member, the content must immediately be brought into the group for discussion and resolution so that greater growth can occur for all. Confidentiality is a critical requirement of all members, even after ending with group.

Socializing

As previously stated, group members may socialize outside of group. There will be times when you want to call others for a reality check, support or to have fun. Sponsoring, dating, romantic involvement or business involvements are NOT permitted and may be grounds for termination from group. Remember, safety is critical for all members and setting appropriate boundaries is necessary.

Medicators

Drugs, alcohol, food, gambling, sex, spending money, care-taking, working, over-exercising, fantasizing, computer-Internet use and many other options can numb or "medicate" our experiences. A group goal is to work in the present moment. Using any one of the above mentioned behaviors (or anything used in excess) could become problematic and block progress. Support groups are at times required and encouraged such as AA, NA, SAA, SLAA, GA, OA, AL-anon, Coda, etc.... These support groups can be an adjunct to this group work and help you emerge toward a new growth edge.

Ending Group

A safe group requires at least 3 weeks notice before any member leaves group. Those remaining need time to adjust to a member leaving and saying goodbye can be difficult for many. Running off without proper closure can seem more tolerable. However, you have been an important member and learning to say goodbye in a healthy way can prove valuable for current and future beginnings and endings.

Your needs matter, If there are needs not addressed in the above contract and guidelines, please contact me. An addendum can be created should the request(s) be appropriate for the good of the requestor and whole of the group.

Should you have any questions please feel free to discuss them with me. WELCOME.

I have read the Group therapy contract and guidelines and fully understand and agree to abide by all requirements, policies and procedures.

Print and Sign Clients Name

Date

Santa Molina-Marshall, LICSW - SEP

Date

Payment Agreement Authorization

To facilitate monthly payments, Include Credit Card Number etc. for this and future processing