

Adult Group Member Agreements

1. I agree to attend group sessions each week and to stay for the entire session.
2. I agree to attend individual therapy while attending group.
3. I agree to be kind and respectful towards other group members.
4. I agree to do all homework assignments and practice the skills taught in the group.
5. If I do not complete my homework for group, I may be asked to complete a chain analysis about what got in the way.
6. I have committed to the full 24-week of DBT Skills Training. My space in group is reserved for me. For this reason, I know that I will be charged for all of the sessions. During this time, I have the option of canceling one session without being charged.
7. If I choose to discontinue my participation in the group prior to completing the 24-weeks, I agree to provide a minimum of 24-hours notice prior to my last group. If I do not provide the minimum 24-hours notice, I agree to be charged for that final group session.
8. If I have a question or concern about a session charge, I agree to contact the group leaders directly to discuss and resolve my concerns. If I choose to formally dispute a charge through a credit card provider, I agree to be charged for any associated dispute fees.
9. I understand that missing 4 consecutive group sessions will mean that I am no longer in treatment. I may reapply 8 weeks following my last missed session.
10. If I am going to miss a session or be late, I agree to notify one of the group leaders ahead of time and also to ask for the homework for that week.
11. If suicidal or self-injurious behavior is an issue for me, I agree to inform my individual therapist and to work on using DBT tools to reduce it.
12. I agree to work on problem behaviors that sabotage my quality of life.

Initials Here

13. I agree to keep confidential the information that is discussed during group sessions, including the names of other group members.
14. I agree not to attend group under the influence of substances.
15. I understand that personal relationships with other group members will be discussed if they lead to maladaptive behavior or negative consequences for either group member, and may lead to treatment plan changes if they are therapy-interfering.
16. I agree not to discuss, inside or outside session, current or past problem behaviors that could be contagious to others (e.g. self-harm or alcohol/drug abuse).
17. I understand that the group is a place to learn new skills to solve life problems. For this reason, advice giving is discouraged among group members. Instead we agree to give helpful, supportive, non-critical feedback when asked.
18. I agree to call for help if I am at imminent risk of harming myself. I agree that if I cannot reach my individual therapist, I will call 911, go to my local emergency room or call the Contra Costa Crisis Center at (925) 939-1916 or the National Suicide Hotline (800) 273-8255.
19. I know that I can also go to www.mtdiablopsychologicalservices.com where there will be audio links and file links to useful DBT skills. These might help to provide comfort or inspire ideas for skills that I might use until my next session.

The group therapists are committed to helping the members gain insight, learn skills and increase the quality of their lives. However, it is important that group members remember that the therapists cannot solve clients' problems nor prevent clients from engaging in self-injurious behaviors. Group members will be responsible for making their best effort to participate, practice, and apply the knowledge they gain to build lives worth living. They will be doing so with a great deal of support and many new tools.

Group Member Printed Name: _____

Group Member Signature: _____ Date: _____

Group Therapist Printed Signature: _____

Group Therapist Signature: _____ Date _____