

understanding your valiant man

group agreement

Both participant and facilitator to retain a copy.

Facilitator's copy must be signed by the participant and kept in a secured place.

The Group Agreement contains guidelines that everyone agrees to follow in order to make the group a safe place.

1. Confidentiality

I agree that what is spoken in the group stays in the group. Confidentiality is essential and a sacred trust. I will honour that trust.

2. On Being Personal

I agree to be personal, not abstract, when sharing needs, attitudes, feelings and issues; intellectual opinions play no part in our discussion, except where they are relevant to our growth.

3. Processing Past Issues

I agree to process past experiences that I come to recognize as playing a part in the challenges facing me in the here and now.

4. Feelings matter

I agree that each participant must honestly process her feelings. I therefore agree not to reflect condemnation to others for those feelings, even though they may be different from my own.

5. Giving and receiving feedback

I agree to give and receive feedback. Participation in the group process is an important part of my healing and my support for others is an important part of theirs.

6. Homework/ Reflection

I agree to daily set aside time to study my notes, reflect and pray over the emerging issues

7. Taking personal responsibility for life changes

I agree to accept personal responsibility for my attitudes and actions in the pursuit of growth, change and healing. This includes taking responsibility for my well being at the conclusion of each session. I will inform my facilitators if I need further assistance during or after the completion of the program.

8. 10-week Commitment

I agree to make a 10-week commitment to this group.

9. No touch without permission

I agree that I will not cross physical boundaries, however kindly intended, without asking and/or receiving permission.

10. Drug and alcohol free

I agree to come to the group sober, not under the influence of drugs or alcohol.

I understand that should I act in any manner that would significantly prejudice the well-being or progress of any course participants, I can be required to cease attending the program.

I have read and agree with these conditions:

Signature _____

Name _____
(please print)

Date _____

Note: Facilitators are under supervision and may discuss the process and management of the group. Duty of care will be exercised where a person or persons property is at risk of harm.