

## **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 his 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. I willingly agree to explore the spiritual elements of this journey together.*

**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.*

**8. 10-week Commitment**

*I agree to make a 10-week commitment to this group and the healing process.*

**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*

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