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GROUP INFORMED CONSENT AND CLIENT RESPONSIBILITIES

Group Benefits: There can be many benefits gained from group therapy. Enhancement of basic social skills (reading facial expressions/body language, engaging peers, impulse control, decision making skills, etc.), increased awareness of how one's behaviors impact relationships, better coping skills (anger management, time management, frustration tolerance, etc.) and a sense of validation amongst peers are all possible outcomes. **Group Confidentiality and Risks:** Group psychotherapy may involve the risk of remembering unpleasant events and arouse intense emotions of anxiety, sadness, anger and depression. In addition, while there is a general consensus in outcome research that most people are helped when they are matched with the right therapist, there is no guarantee that this therapy will lead to the desired results. Within certain limits, information revealed by participants in group therapy will be kept strictly confidential by the therapist and will not be revealed to any person outside of the group or to any outside agency without your written permission. An inherent risk with group psychotherapy is the confidentiality of information disclosed, as all group members verbally agree to hold information disclosed as confidential, but law and ethics do not bind this agreement. **Minors:** Although the parent of a minor is the "holder of privilege," disclosing the content of sessions with minors to parents tends to undermine therapy. Reporting to parents is kept to general progress/issues or if the minor is involved in dangerous or harmful activities.

Group Session Length, Cancellation, and Cost: Group therapy sessions range from 45 minutes to 1 hour, depending on participants' age. The cost of group sessions is \$40. Group participants are asked to notify the counselor 24 hours prior to the group if they will need to cancel but had previously confirmed attendance. A \$40 fee will be applied to the participants card on file if they do not cancel within this timeframe.

Group Participants Responsibilities: Group participants are asked to not take information about other participants and share it outside of the group. A safe environment is cultured within the group atmosphere. Each participant is asked to provide all members with respect.

By signing this Group Informed Consent and Client Responsibilities form, I am acknowledging that I have read and understand the above explanations regarding informed consent, confidentiality, and client responsibilities. I agree to enter or have my child enter a group psychotherapy relationship under the terms outlined in this form.

Group Participant Name: _____ Date: _____

Signature: _____

Updated 8/06/2018