

March 2021 Men's Sexual Recovery Group

Welcome to the Sexual Recovery and Attachment Group. We are excited to have you with us. Please review the group guidelines, dates of meetings, book resource and other information. Please initial and sign below in the appropriate areas. Please scan and email to admin@charlottecounselors.com as soon as possible. Deadline will be 3/21/21. You can also fax it to 980-498-7881.

Guidelines for Men's Sexual Recovery Group

- 1. Confidentiality** - everything shared in the group is confidential and is not to leave the room. The group needs to develop this trust.
- 2. Safety**- the group should be a safe place regarding physical/emotional harm.
- 3. Acceptance** - the group accepts members just as they are and avoids making judgments.
- 4. Discussion** - the group does not discuss group members who are not present.
- 5. Begin and End on Time** - meeting will begin and end on time: 8:00 am and end at 9:30 am. Group will be in-person, utilizing a large, sanitized group room. For those would are not able to attend in session, a zoom option will be offered.

I would recommend everyone getting there 10 minutes early, either way. This will ensure that we start on time and we will be done promptly each time. If you will be a few minutes late please text me at 980-263-9608. **(Please save this number now).**

- 6. Attend all meetings**-- if you must miss a group session due to an emergency or an event you cannot get out of, please call me as soon as you at (980-263-9608). This group will only be as effective as your attendance and participation.

Please initial that you reviewed and accept everything on this page: _____



Please speak to me afterwards if you have a specific date that you cannot attend during the group. To remain part of the group, no more than 1 excused absences will be allowed. *If you need to miss more than one group, this will be discussed on a case-by-case basis.

7. **Be Respectful when other group members share:** No cross talk (talking over the other person or with another group member when someone is sharing.

8. **Feedback and challenging:** The group will need some time to build trust, therefore a group member can ask another group member a clarifying question. In time group members may also give advice or challenge others in a non-shaming way. The group facilitator will ensure that this is done effectively.

9. _____

***By signing below each group member states that they understand and will abide to each group guideline.**

Signature

Date

Commitment and Dates:

2021 dates, every _____ (Online for the time being. We will evaluate if we can all meet together once month, we will speak about this during the first meeting).

Group begins on Friday, March 26, 2021 and will be every week for 13 weeks.

Book required by the first session: Facing the Shadows by Dr. Patrick Carnes. We have a few copies for purchase at cost or you can purchase

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this on Amazon.com by March 21, 2021 to allow time for the book to be received.

Time: 8:00 am to 9:30 am (In order to ensure that every group member receives the greatest experience, please be early).

Cost: The group sessions will be \$70.00 per group session and will be charged in monthly increments at the beginning of each month. ***Each group session will be charged, regardless of having to miss the group session due to emergency/vacation/sickness or work. Each group member is asked to make sure that they are committed to the group, before signing up. In order to receive the most out of the group and to help each other, I am asking everyone to do their best to make it to every group. I will ask that you do not miss more than one group if possible. _____ Initial here**

Assignments for home: There will be some assignments that will be assigned to be done in between the groups at home. You will learn and in my clinical opinion, grow the most, if you do these assignments.

Participation: As a group member you may choose to not engage in a certain activity or question that you do not feel comfortable with, however; in my experience those that actively participate receive the best results from this group.

Contact Information: David@charlottecounselors.com or 980-263-9608. For billing or other non-urgent questions, please email my admin, Candice at: admin@charlottecounselors.com

***By signing below each group member agrees to the information listed on page 1-3.**

Signature

Date

Please initial that you reviewed and accept everything on this page: _____