



Guidelines for 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: 5:30 PM and end at 7:00 PM. I would recommend everyone arrive/sign in a few minute early. This will ensure that we start on time and we will be done promptly at 7:00 PM each time.
- 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 (704-578-3323). This group will only be as effective as your attendance and participation. Please speak to me afterwards if you have a specific date that you cannot attend during these 10 weeks. To remain part of the group, no more than 2 excused absences will be allowed.
- 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 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:



Dates: Weekly on Tuesdays starting January 18, 2021 with a 3 weeks meeting and 1 week off rotation. (I only expect a commitment of 6 months and to attend based on your need or preference after that time as this group will be recurring for all members benefits passed the June date after a brief break.)

Current Set Dates:

January 18, 25; February 1, 15, 22, 29; March 8, 15, 22; April 5, 12, 19; May 3, 10, 17, 31; June 14, 21, 28

Book required by the first session: Facing the Shadows by Patrick Carnes, Recovery Zone Vol. 1 by Patrick Carnes. You can purchase this on Amazon or I have copies available at cost.

Time: 5:30 PM to 7:00 PM (In order to ensure that every group member receives the greatest experience, please be early).

Cost: The group sessions will be \$80.00 per group session and will be charged in monthly increments. ***Each group session will be charged, regardless of having to miss the group session due to emergency/vacation/sickness or work. Note: 1 excused absence due to emergency/sickness will be allowed without charge if necessary because life happens. I will ask that you do not miss more than two group sessions 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: Robert@charlottecounselors.com or 704-578-3323.

*By signing below each group member agrees to the information listed above.



Signature

Date