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LIVING IN ALIGNMENT: GUIDELINES FOR GROUP SESSIONS

When entering a Group Therapy session it's important to keep in the forefront to be **respectful** of each group member. Being receptive to and opening yourself up to the group process is essential: what you offer to the group is proportional to what you'll derive from the group process.

The following group guidelines are **intended to facilitate the therapeutic and healing process**. Please read the following list carefully and practice these guidelines. By doing so, you will respect and facilitate your own transformational process and that of others.

- **Arrive** to the group **on time**.
- Use the restroom before the group starts. Be mindful that **getting up and leaving** is disruptive to the group process, but if you have to go, please do so.
- Be willing to **participate**, challenge yourself to grow beyond your comfort zone.
- Be mindful of **limiting** your sharings. Practice the balance of being concise but thorough.
- Encourage yourself to be **honest/ transparent** in the group.
- Be willing to **"sit"** with your discomfort and notice your coping strategies.
- **Express** one thought, opinion, observation, etc. at a time. Stay focused when sharing.
- **Listen** with honor and an open heart, allowing others to finish speaking.
- Speak from your **own experience**-your own truth while also respecting others.
- **Speak for yourself** and not for the group as a whole. Use statements with "I", "me", and "my" when giving feedback or sharing.
- **Take** responsibility for your experience and your feelings.
- **Encourage and allow others** to experience all aspects of their realities. Notice how you might try to fix or rescue others.
- Be empathetic while **avoiding** taking on other members' realities.
- If you are invited to offer feedback, begin by **reflecting back** to the person sharing: what you **hear**, what you **see**, and / or **how you relate** to it personally ("when I heard/saw ..., I felt").
- Please, **no sexual involvement** with members of the group (unless you are an established couple) during the duration of the course. Sexual boundaries will assist in creating safety to deepen into the healing process.
- **Maintain confidentiality** and group integrity. This means that "what you see and hear in the group, stays in the group" and is not to be discussed outside of the group (unless you are speaking about yourself and what you experienced / learned while not disclosing individual or group identities).
- **Notice** any judgements that may arise with compassion for yourself. Practice internal boundaries without beating yourself up (i.e. judging yourself for judging).