



Information and Consent for Support Group

Entering a support group can be a highly rewarding and powerful experience. Support groups can enhance individual therapy but is not intended to replace individual treatment for various mental health symptoms or disorders. There are many benefits of support groups, including the acquisition of new life skills, increased self-awareness, better relationships with others, and improved quality of life. Throughout the group process you may experience periods of emotional release and/or establish new patterns or behaviors that require extra self-care. It is important that you communicate with the group leaders if additional work is needed on an issue that arises during the group sessions.

Support Group Rules

1. Morning Star Counseling will host six weekly (50 minute) open group counseling sessions focused on women's issues through postpartum. Members will maintain respectful communication between one another and group leaders, ensuring a safe therapeutic environment for all participants.
2. All group members are asked to maintain appropriate confidential boundaries within and between all group members. Group members and leaders are not to disclose group member identification to anyone outside of the group. Because of the sensitivity of group discussion topics, members are reminded that member trust and confidential boundaries fosters a safe therapeutic atmosphere.
3. Morning Star Counseling counselors have legal and ethical responsibility to break group member confidentiality in the following instances: (1) if you are in danger of yourself or of others; (2) if there is suspicion of child or elder abuse; (3) if subpoenaed by a court of law to testify or release medical records.
4. Morning Star Counseling is offering this support group at \$40.00 per meeting. Members are asked to commit to the group therapy process and maintain a self-accountable attendance to the six weekly support group sessions.

Your signature below indicates that you have read the information in this document and agree to abide by its terms.

Group Member Signature: _____

Date: _____

Printed Group Member Name: _____

Group Leader Signature: _____

Date: _____