

Adult Group Member Agreements

1. I agree to attend group sessions each week and to stay for the entire session.
2. I agree to do all homework assignments and practice the skills taught in the group.
3. I have committed to the full 24-week DBT Skills Training. My space in group is reserved for me. For this reason, I know that I will be charged for all of the sessions. During this time, I have the option of cancelling one session without being charged.
4. If I am going to miss a session or be late, I agree to notify one of the group leaders ahead of time and also to ask for the homework for that week.
5. If suicidal or self-injurious behavior is an issue for me, I agree to inform my individual and group therapists and to work on using DBT tools to reduce it.
6. I agree to work on problem behaviors that sabotage my quality of life.
7. I agree to work on reducing therapy interfering behaviors (e.g. being late to group, not doing the homework, not addressing problems).
8. I agree to keep confidential the information that is discussed during group sessions, including the names of other group members.
9. I agree not to attend group under the influence of substances.
10. I understand that personal relationships with other group members will be discussed if they lead to maladaptive behavior or negative consequences for either group member, and may lead to treatment plan changes if they are therapy-interfering.
11. I agree not to discuss, inside or outside session, current or past problem behaviors (e.g. self-harm or alcohol/drug abuse) that could be contagious to others.
12. I understand that the group is a place to learn new skills to solve life problems. For this reason, advice giving is discouraged among group members. Instead we agree to give helpful, supportive, non-critical feedback when asked.
13. I agree to call for help if I am at imminent risk of harming myself. I agree that if I cannot reach my individual therapist, I will call 911, go to my local emergency room or call the Contra Costa Crisis Center at (925) 939-1916.

14. I know that I can also go to www.mtdiablopsychologicalservices.com where there will be audio links and file links to useful DBT skills. These might help to provide comfort or inspire ideas for skills that I might use until my next session.

The group therapists are committed to helping the members gain insight, learn skills and increase the quality of their lives. However, it is important that group members remember that the therapists cannot solve clients' problems nor prevent clients from engaging in self-injurious behaviors. Group members will be responsible for making their best effort to participate, practice, and apply the knowledge they gain to build lives worth living. They will be doing so with a great deal of support and many new tools.

Group Member Printed Name: _____

Group Member Signature: _____ Date: _____

Group Therapist Printed Signature: _____

Group Therapist Signature: _____ Date _____