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Rules provides a guide to ensure that the treatment environment is conducive to hope and healing to all members. If a member refuses to follow rules, it can create an environment that may not be helpful to others or actually be harmful to others. The therapist must make sure this does not happen and has the discretion to enforce the rules or remove a member from the environment.

Honor

Honor means doing what is right and just. This means treating others the way you expect to be treated.

Treat others with Respect - Differences make us who we are and should be encouraged without needing to fear criticism from others. Its okay to disagree with others, show courtesy and respect when doing so. Respect also means dressing appropriately, taking turns, actively participating while allowing others to participate as well.

Strict Confidentiality - What happens in group, stays in group. Federal and state laws protect your confidentiality in treatment. This allows you to talk more freely. This also means that you must not discuss other members issues outside of group.

Privacy Outside of Group - Members of your group are often very valuable support system for you. However, this should be constrained to the confines of the group therapy process and socializing outside of the group setting is discouraged. This can create problems down the road as others group members may feel excluded or you may feel less comfortable talking about issues around your growing friendship. Intimate sexual relationships between members may even be grounds for expulsion. You may feel comfortable in a relationship, but many are in treatment because right now is a difficult time in their life and may be more vulnerable than usual. An intimate relationship that begins during both members treatment should not be built upon a foundation that may be shaky or vulnerable.

Courage

Courage means doing what you need to do to heal, despite your fears or unfounded concerns. Courage means sometimes you take a risk with being honest.

Be Honest - with the respect of others, confidentiality and privacy, you should do your best to be honest about your feelings without fear of judgement from others. If you feel unsafe, suicidal, or are feeling rage, you should tell your therapist in private so they can help you find safety. In an emergency, you can always call us, even after hours. We want to make sure you get the best help you need, even if it means referring you to another type of care. We are committed to your hope and healing process.

Commitment

Commitment means that you stick with your treatment program, even if it gets difficult. Its often the most difficult times in which we grow and change from.

Arrive on time - your commitment to your treatment means that you make your healing process a priority. Also, arriving late is not fair to the other members as it is disruptive to join the group after it has started. Of course at times, we all have emergencies that may cause us to be late. You should call and tell your therapist if you know you will be late or need to leave early.

Do your Homework - This may seem silly to have to say, but you will sometimes be given "homework" that is designed to be done at home. Its important that you commit to your healing process and complete these assignments as best you can.