

12. GROUND RULES FOR GROUP

1. CONFIDENTIALITY:

We will observe strict confidentiality; that is, we will not discuss any person or their issues outside of our group sessions, either with those outside of this group or with members of our group. What we need to process about our group experience we will do so within our group sessions.

2. RESPECT:

We will respect and accept both the content and the feelings expressed by each member of this group. We will listen attentively; accept each other without judgment; we will respond to one another; will not put one another down; we will not invalidate another's feelings nor discount his/her experiences.

3. RESPONSIBILITY:

We are each responsible for our own experience in group. It is my own responsibility to be aware if I am bored, scared, angry, intimidated, etc., and it is my responsibility to decide what to do about those feelings and act appropriately on them.

4. DISCOMFORT IN GROUP:

If any member is so uncomfortable with what is going on in group, he/she may choose to leave temporarily. We will encourage that member to return if at all possible during that same session. If that occurs, group will continue. We will not discuss the individual who has left; it may be very appropriate to discuss how we feel about the person being gone; i.e., a member may choose to say, "I feel sad that _____ was not able to stay." Or, "I am surprised to see that _____ was so strongly effected by what went on." We may identify our own feelings (reactions) but we will not discuss that member or his/her issues in their absence.

5. SHARING:

The more I participate in the group, the more I will gain from the group experience. However, I am not required to participate in any specific exercise or interchange if I choose not to.

6. CONFRONTING:

Challenging or confronting one another is potentially very valuable in growing in understanding, in developing trust. We will confront with respect, without judgment. In confronting, we will let the other person(s) know how their behavior impacts us rather than giving advice. ("I feel _____ when you _____," rather than, "What you need to do is _____.")

7. HOUSEKEEPING:

Our meeting time is from 2:45 to 4:00 p.m. on Wednesdays. We can bring something to drink, but will not bring food into group sessions. Attendance is of utmost importance: if we miss more than two sessions, we will be dropped from this class (a department requirement).