

## ORIENTATION TO GROUPS

While there are different types of groups, they each contribute to increased well-being by fostering healing and growth in a contained environment. Interpersonal process groups provide space to explore personal and relational issues through self-reflection and community. People often experience increased self-awareness and improvement in their relationship skills. Psychoeducational groups offer new knowledge on a given topic. Participants engage with others while learning and practicing their skills. Support groups, while therapeutic, are not therapy. People in support groups can also attend therapy at the UCC. If a support group facilitator feels additional therapy would be beneficial, you agree to follow the therapist's suggestion in order to continue attending the support group.

**FACILITATORS** Groups are facilitated by licensed clinicians, graduate students and interns. UCC groups and facilitators reflect our commitment to inclusion and multicultural appreciation.

**GENERAL GUIDELINES** Although each group has its own culture and norms, All UCC groups follow some overarching guidelines. Most groups require an intake and a scheduled meeting with at least one of the facilitators prior to attending. Support groups do not require an intake, but the facilitator may want to meet before a person joins. A pregroup meeting is an opportunity to get clarification of the group and meet the facilitator(s).

Following are some guidelines that foster a safe, rewarding group experience:

### 1. Confidentiality

We ask that everything said in group remains confidential and that you agree to not reveal the identity of other group members to anyone outside the group. Although everyone is expected to maintain confidentiality, we have no control over the actual actions of others. Please talk to facilitators if you have any concerns regarding confidentiality. Facilitators are mandated to break confidentiality and report in the following cases:

- A. If you threaten imminent harm to yourself or someone else;
- B. If you disclose knowledge of abuse, neglect or exploitation of a child or vulnerable adult;
- C. If required by the law;
- D. If you disclose you have a communicable disease that is a serious public health risk.

### 2. Respect

- A. Be thoughtful and intentional in providing and responding to feedback. We are here to help, not judge, each other.
- B. Please respect individual differences.
- C. Everyone has the right to speak and to be heard. Please express disagreement and strong emotions such as anger in a way that does not threaten or intimidate others.

3. Time

- A. Notice how much you talk and how much you listen, allowing space for everyone in group.
- B. Group facilitators will strive to begin and end on time.

4. Attendance

- A. We request you commit to regular attendance. If you are going to be absent, please notify one of your group's facilitators or the UCC main office at 801-581-6826.
- B. Please attend at least three group sessions before deciding to leave the group. Entering a group setting often requires a period of adjustment.
- C. Arrive with enough time to fill out the CCAPS before each session, if your group does this.

5. If for some reason you must end your participation in the group, please give at least one week's notice in group and plan to take time to say good bye to the group during the following meeting.

6. Avoid comparing the significance of problems. Everyone's distress is valid.

7. In support groups, socialization outside of group may be permitted; ask your group's facilitator. In all other groups, outside-of-group contact is highly discouraged.

8. If a facilitator believes your needs go beyond what group can effectively offer, the facilitator will meet with you to discuss other options. If you are in a support group, you may be required to concurrently attend therapy in order to stay in the support group.

9. You agree to not use mind or mood-altering substances, including alcohol, prior to group meetings.

10. There is no session limit for UCC groups. You may attend as long as you are eligible.

11. Here are resources should you find yourself in crisis between group sessions:

- A. University Counseling Center (801) 581-6826.
- B. 24-hour crisis line at University Neuropsychiatric Institute: (801) 587-3000.
- C. People with smartphones can download the SafeUT app, for 24/7 access to a counselor.

Welcome to this UCC group! Feel free to contact the following people if you have concerns about group: Karen Cone-Uemura, Ph.D., UCC Groups Coordinator, Lauren Weitzman, Ph.D., Director of the UCC, Josh Newbury, LCSW, Interim Clinical Services Director, or Danielle Fetty-Lovell, Ph.D., Assistant Clinical Services Director. We can all be reached at (801) 581-6826.

### Group Participation Guidelines and Agreements (Summary)

**Attendance:** I will attend consistently because this promotes my well-being and creates community in the group. I will notify one of the facilitators or the UCC if I'm unable to attend a session.

**Timeliness:** I will arrive on time and leave when group is over because this contributes to safety and demonstrates dependability.

**Confidentiality:** In order to create an environment that is safe for all to share thoughts, feelings, and experiences, I will refrain from disclosing or discussing other people's information outside of group.

**Participation:** Everyone's needs are important, thus I will share my experiences and allow others time to share theirs. I have the right to choose what I disclose in group, remain silent, or pass.

**Silence:** I will honor silence because it provides the opportunity to process thoughts and feelings.

**Respect:** I will refrain from making judgmental comments, interrupting others, or disrupting the group by having side conversations. I will refrain from answering texts or phone calls. I will allow others their feelings, compassionately listening to their experiences. Because diversity is fundamental to a healthy group, I will respect others even if we differ in beliefs, lifestyles, religion, politics, etc. I will seek to understand the views of others, knowing that we can agree to disagree.

**Communication:** I will use "I" statements, ask for what I need, respectfully provide and receive feedback, and speak only for myself. I will avoid giving unsolicited advice or asking intrusive questions. I take responsibility for my words and actions, thus if I'm offended, hurt or confused I will try to communicate my feelings in the moment. If I have committed such an action, I will remain open to receiving feedback about my impact on others.

**Amnesty:** Because we are all human, we may at times say something that offends or hurts someone else. I agree to address, try to process, and compassionately relate with any group member whose actions I perceive as hurtful or offensive, and not hold these behaviors against that person in the future.

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Name of group

Day/time

Location