

Hope Alive of Juniata Valley
70 Frog Hollow
Belleville, Pa 17004

Principles of Commitment to Hope Alive Group Treatment Program

Please carefully read the following. If you have any questions, please discuss this with us. Be assured you are free not to participate, but once you have agreed, it is very important to you and the other group members to continue to the end.

1. Full Participation:

I will attend all counseling sessions, arriving on time and staying through to the completion of each session. I will speak fully and frankly from what is in my heart and head. Whenever I feel there is something to be said, observing these rules of commitment and conduct, I will communicate from a desire to help, not harm. I will respond when asked to do so, participating in the group exercises and discussion. I will complete my assignments.

2. Completion:

I will complete the counseling, starting and finishing as is required. I will attend follow-up sessions.

3. Confidentiality:

I will maintain strict confidentiality all of my life on all personal matters brought up in the group. I will not make indirect references to who is in the group or what is being discussed. Individuals in the group will be known by their first names. I understand identifying information on any data or questionnaires that are collected will be removed. (At the end of the group, if people wish to maintain contact, they may share phone numbers, addresses, etc.) Each individual must understand there may be limits to confidentiality as imposed by the laws in their country regarding the reporting of potential suicide, homicide, and abuse, or by having information subpoenaed in court. To improve the group process, counselors, facilitators, and sponsors will discuss the group and individuals in the group with each other. Information may be shared in supervision, trainees with trainers and sponsors with counselors or co-therapists, all of which will be bound by the same rules of confidentiality.

4. No Sub-Grouping:

I will share my thoughts, emotions, reactions and perceptions with the whole group. I will avoid creating divisions within the group by talking outside the group about anything except my own experience, and then only with my support person and only in generalities.

5. No Violence:

I will refrain from physical or verbal attacks on others or myself. I will refrain from damaging the group office, property or reputations of all others.

6. Mutual Benefit:

I recognize that I am here for my own benefit and the benefit of others in the group. I will express my needs for attention and help, but also respect the needs of others. I will try to help others with observations and explanations. I recognize that what is good for the group is good for me and vice versa.

7. Surrogate Scapegoats:

I recognize the need to heal myself within my family of the past and present wounds from repeated tragedies. I am prepared to temporarily stand in their place and experience their struggles and pain in addition to my own so that we may all understand and heal. I am prepared to stand in place of other scapegoats in society. I am aware that although I am here for personal benefit and the benefit of my family, the healing does not come without a cost.

8. Moratorium on Decision Making:

I recognize the group counseling will become a major preoccupation in my life. To make the treatment effective and to avoid distraction, I will not make any major decisions or major changes in my life during the period of group counseling.

9. Honesty:

I will pursue truth and welcome it for myself and for others. I will be as honest as I possibly can be about myself.

10. Future Benefit:

I will use what I learn in Hope Alive Group Counseling for myself and for others in the present and in the future.

11. Willingness to Change:

I am willing to change my thinking and behavior, my perceptions of the world, truth, and myself.

Signature of Counselee: _____ Date: _____

Signature of Witness: _____ Date: _____