



## Womxn's Trauma-Focused Support Group: Informed Consent

**Qualifications:** Your facilitator, Katie Plumb is a Licensed Clinical Social Worker (LCSW 93568), and carries a Master in Clinical Psychology. She received her MA from Columbia University in New York with a focus on Trauma and Resiliency, and her MSW from the University of Southern California in Los Angeles. As both an individual and group psychotherapist, Katie has been working closely with trauma (including PTSD and Complex-PTSD) for over 8 years.

### Welcome to Your Group!

Group therapy can be a powerful and valuable venue for healing and growth. As your group facilitator, Katie Plumb hopes that you reap all the benefits the group has to offer. Group therapy is a unique relationship wherein a group of individuals who are likely experiencing similar difficulties come together to both give and receive help from each other. Katie Plumb attempts to create an environment where honest, interpersonal exploration will occur that will benefit all members. In order to create this environment, there are certain guidelines that need to be agreed upon by each participant.

### A Safe Environment

A safe environment is created and maintained by both the facilitator of the group and its members. Critical factors are mutual respect and a chance to create trust. This relates to another key ingredient for safety in group: confidentiality. Katie Plumb is bound by law to maintain confidentiality; group members are bound by honor to keep what is said in the group, within the group. Understandably, you may want to share what you are learning about yourself in group with a significant other. That is fine as long as you remember not to talk about how events unfold in group or in any other way that would compromise the confidentiality of other group members.

### Limits of Confidentiality

Some of the circumstances where disclosure is required or may be required by law are: • Where there is a reasonable suspicion of child, dependent, or elder abuse or neglect; • Where a client presents a danger to self, to others, to property, or is gravely disabled; or when a client's family members communicate to Katie Plumb that the client presents a danger to others.

- Disclosure may also be required pursuant to a legal proceeding by or against you. If you place your mental status at issue in litigation initiated by you, the defendant may have the right to obtain the psychotherapy records and/or testimony by Katie Plumb.

### Other Safety Factors

- Members of the group may not use drugs or alcohol before or during groups
- Members

agree to primarily use relationships in the group therapeutically, not socially. If, by chance, members meet outside the group then it is their responsibility to discuss any relevant aspects of that encounter next session.

- If the group setting proves to be too difficult for you to manage at this time, please speak to Katie Plumb about a referral to individual therapy.

### **Attendance and Fees**

The fee for this group is \$40 per 90 minute session. You must reserve your spot for the week by paying at least 24 hours in advance of the session.

Your presence in this group is highly important. A group dynamic is formed that helps create an environment of growth and change. If you are absent from the group, this dynamic suffers and affects the experience of other members of the group. Therefore, Katie Plumb requests that you make a commitment to the group, and provide reason and notice for missed sessions. If you miss a session and do not call ahead of time, you will be charged for the missed session (\$40). Any members who “no show” 2 consecutive weeks will be removed from the group.

### **Participation and What to Expect**

Members of effective groups actively share thoughts, reactions and feelings during group meetings as a way of increasing their self-understanding and contributing to the personal growth of other members. Each member will undoubtedly share in different ways and be comfortable with different levels of disclosure. It is requested that as a participant you challenge yourself to share, but only what is comfortable, and actively listen to other group members. No one will ever be forced to share anything that they are uncomfortable sharing.

Group time is structured to consist of both teaching and sharing/processing time. Group will typically begin with sharing reflections from the previous week, then introduce a new topic for that week. Topics include, but are not limited to: effects of trauma, safety and coping skills, emotions, and relationships. Homework will be assigned at the end of each group. This could include journaling, watching videos, or reading related to that week’s content. As a part of group participation, it is asked that you arrive on time, prepared, and stay for the whole group. Remember, the more you give of yourself during the sessions, the more you will receive.

### **Withdrawal from Group**

Because it typically takes several group sessions for clients to “settle in ” and receive the full benefits a therapy group provides, Katie Plumb asks that members make a 12 week commitment at the start of group. Katie also asks that members give 2 week notice when they decide to leave group. This is because each member is so important--your presence and absence impacts members and facilitators, and we want to allow time for other members to process when a member chooses to leave.

**CONSENT for Participating in 'Womxn's Trauma-Focused Support Group**

I have read the above information, understand the information, and agree to the terms of group participation.

**Printed Name of Group Member:**

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**Signature of Group Member:**

**Date:**

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**Signature of Facilitator:**

**Date:**

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