

## DBT Skills Group Guidelines and Participant Contract

### Attendance

The group will meet between 2:30 and 4:30 pm on Wednesdays. Depending on the number of participants, we will meet for an hour and a half or for two hours. We will inform you of the exact time prior to the first meeting of each module. We ask that each group member commit to attending all sessions of each module. The material offered builds from one session to the next. Absences detract from the group's ability to work as a unit, and we encourage you to consider this group as a primary commitment. If you must miss a session, however, please give at least 24-hours' notice. If you know ahead of time that you will miss a meeting, please let group members know at the previous meeting. You will be permitted one missed session at no cost for each module, and you are expected to pay for any other missed sessions during that period. Groups will start and end on time; please honor this, as late arrivals are disruptive.

### Fees

The fee for the group is \$75 per session. Fees are payable at the beginning of each session in cash or check. Any problems or questions about your bill should be discussed with one of the facilitators outside of the regular group time.

### Confidentiality

What is said in group stays in group. You may wish to discuss your own experiences in group with others, but the names of other group members and their experiences must be safely guarded. Confidentiality may be broken only if someone reports the following:

1. Danger to oneself or to others
2. Abuse of a minor or an elderly person.

In either of these events, it will be the facilitators, not the members, who break confidentiality to report what was said to the appropriate people.

### Individual Psychotherapy

All members will participate in individual psychotherapy while participating in the DBT Skills Group. Dr. Ezust or Dr. Kaufman will be contacting your therapist each week to discuss your progress in group and individual therapy.

### Self-Harm

If suicidal or other self-harm behaviors are a problem for you, reducing these behaviors will be a primary treatment goal. By signing this contract, you agree to work toward solving problems in ways that do not include intentional self-harm or suicide.

If you have questions or wish to discuss these policies, we will be happy to do so. Please see [www.oakhurstpsychotherapy.com](http://www.oakhurstpsychotherapy.com) for DBT forms, the brochure, and a copy of these guidelines. DBT forms are on the "Links" page. You can also find further information about Dr. Ezust and Dr. Kaufman on the website.

Having read these guidelines, I agree to the following:

1. I understand that it is important to attend every session, both for my own sake and for the success of the skills training group. Therefore, I hereby commit to attending every session unless I am prevented by circumstances beyond my control. If I cannot attend, I will inform the facilitators as soon as possible, with the understanding that it is a courtesy for the facilitators and participants to know who will be absent.
2. I understand that I will be obliged to leave the group if I miss more than two consecutive sessions or a total of three sessions over the course of a module, including for reasons of prolonged hospitalization or illness. I understand that if I leave the group I will be financially responsible for

- sessions missed. I also understand that if I need to leave a module, I can sign up for the next module and can repeat that module the next time it is offered.
3. I agree to complete my homework assignments and bring them to sessions, and to practice the skills to the best of my ability.
  4. I agree to participate verbally in sessions to the best of my ability.
  5. I will respect the confidentiality of all group members and of matters that come up in the group. I will not discuss personal information about fellow members outside the group.
  6. I agree to abstain from alcohol or drugs (other than prescribed, which I will take as directed) for at least 24-hours prior to and following sessions.
  7. I agree to work towards solving problems in ways that promote my health and well-being and that do not include self-harm or suicide.

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Print name - Group Member

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Stephanie L. Ezust, Ph.D.

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Signature

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Gus Kaufman, Ph.D.

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Date