



DENVER DBT AND PSYCHOTHERAPY, INC

Adolescent Group Rules

Welcome to DBT Group! In entering this group, you are making a commitment to both better yourself and to support the growth of your fellow group members. We believe it is important to clearly communicate the expectations for the group as well as the rules. Please thoroughly read the following guidelines and ask your group facilitator any clarifying questions prior to signing this form.

In signing up for the Adolescent Dialectical Behavior Group with Denver DBT, I am agreeing to abide by the following group rules:

1. **Minimizing cross-talk.** This means that, when speaking in group, you will talk to the entire group and not have side conversations with just one or two group members. This rule also asks that you take turns when sharing in the group, allowing other members' voices to be heard, and make every effort to listen mindfully to what other members share in the group.
2. **Attendance.** It is important to attend group consistently and on time. If you are not able to attend a group, please text, call or email the group leader to let them know before group. They will be in touch after group to update you on what you missed and give you the homework. If you miss three groups in a row, we require an individual check-in with your group leader before returning to group. Likewise, if you miss more than one group per month for several months, you may be asked to meet with your group leader to ensure your commitment to group.
3. **Completing your homework.** Homework for the group will be assigned each week; we review and check homework at the beginning of each group session. Homework is intended to be a useful way to put the skills into practice and the amount is generally minimal. For this reason, it is our expectation that group participants keep up with their weekly assignments and arrive each week with their homework completed.
4. **Bringing the healthiest version of yourself to group.** This is a space to practice being the best version of yourself. Ideally, this means being honest, open and supporting others. This also means not swearing, not talking about drug or alcohol use and not gossiping. You will be encouraged to discuss areas in which you are struggling outside of group; however, if you share about these issues, we ask that you be willing to accept help and support from the group.
5. **Maintaining privacy/confidentiality.** Each group member is expected to keep the information shared in group private. Gossiping about members outside of group is not acceptable or tolerated. We do whatever possible to create a culture of safety where members can feel comfortable sharing with each other and receiving support around issues that they might not otherwise discuss.

6. Friendships. Although building friendships is not the primary focus of DBT, it is often a natural development as you progress in group. It is okay to communicate with each other outside of the group as long as it is in a healthy and supportive manner (i.e. no substance use, destructive behaviors, etc.). Group members should not reach out to each other for support in a crisis and should instead reach out to their professional support system (i.e. individual therapist, etc.). Should a group member ever reach out to you in a way that feels overwhelming, please direct them back to their individual therapist. While it is your responsibility to support members in the group environment, it is not your responsibility to take on their struggles. Please also notify your group leader/leaders if a member reaches out to you in a way that is overwhelming.
7. No romantic relationships. Although friendships are acceptable, current group members may not be in a romantic relationship with each other. If a romantic relationship develops, one or both members will be asked to leave the group.
8. Food. Eating in group has been dependent on the state of COVID; your group leader will let you know if COVID numbers can allow for snacks in group. If snacking is a safe choice, you may help yourself to two snacks per group session. You may also bring in your own snack; please do not bring anything containing nuts (due to allergies). If you do have a snack, be sure to clean up after yourself at the end of group.
9. Etiquette for virtual groups. We expect that all members will have their cameras on at all times unless given permission to turn their cameras off. To get the most out of your virtual group experience, please review the telehealth guidelines on our website.
10. Individual Therapy. All group members are required to have an individual therapist while they are in group. This creates a comprehensive support system and compliments the skills and group process that the adolescents get from our groups. It is the responsibility of each group member to work with their individual therapist to make a plan in case a crisis situation arises. Denver DBT group therapists do not take crisis calls from group clients and will instead direct them back to their individual therapist.

Client Signature

Typing your name above will stand in for the signature.

Date

Parent/Guardian Signature

Typing your name above will stand in for the signature.

Date

Clinician Signature

Date