



# DENVER DBT AND PSYCHOTHERAPY, INC

## Adolescent Group Rules

Welcome to DBT Group! Entering this group, you are making a commitment to 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.

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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. We expect 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 inform your group leader as soon as you know you will be absent. Your group leader will specify whether texting, calling, or emailing about absences is the norm in your group. If you would like a brief update on what you missed, please reach out to your group leader. We will leave it up to you to share why you missed group upon your return, unless you specifically ask your group leader to share something with the group while you are out.

a. 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/self-reflection/skills practice.** In some groups, homework/self-reflection/skills practice will be assigned; if there is an assignment given, we will review, check, or share this at the beginning of the next group session. This

additional work is intended to help support you in putting the DBT skills you have learned into practice. For this reason, it is our expectation that all group participants authentically engage in and keep up with these assignments.

**4. Bringing the healthiest version of yourself to group.** Group 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 difficulties in your life; if you share something, 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 if a member reaches out to you in a way that is overwhelming or inappropriate in any way.

**7. Phone Usage/Social Media.** We ask that you refrain from using your phone during the entirety of your time in group. This means that you should never be using social media apps, checking texts, etc. during group time. We recommend that you turn your phone on airplane mode to avoid the temptation to use it for any reason. Also, due to the private, confidential nature of group, please refrain from posting about any group members on social media apps unless you have their explicit permission.

**8. No romantic relationships.** Although friendships are acceptable, current group members may not be in romantic relationships with each other. If a romantic relationship develops, one or both members will be asked to leave the group.

**9. Food.** Assuming that COVID numbers and public health standards make eating together a safe choice, you may help yourself to one snack 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.

**10. Etiquette for virtual groups.** Should group become virtual due to COVID or a snow day, we expect that 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.

**11. Individual Therapy.** In order to help members get the most out of their group experience, all members are required to have an individual therapist while they are in group. The minimum requirement for individual therapy is one session per month. Individual therapy provides additional support, compliments the skills and allows for integration and processing of the material and on-going life events. 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 leaders do not take crisis calls from group clients and will instead direct them back to their individual therapist.

**12. Snow days.** In the case of significant snowfall, we may hold in-person groups virtually. If this shift to virtual is set to take place, the group leader will email members at least four hours prior to the start of group. If the weather is questionable, please make every effort to check your email before coming to in-person group. Additionally, if group is held in person on a snowy day but you or the person driving you are uncomfortable driving to group, you will have the option to audit the group via Zoom. This means you will attend as a listener and not as an active participant. Please notify your group leader at least one hour ahead of time should you need this accommodation so they can send you a Zoom link to audit.

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