Important: Please note, in order to qualify for group services you must be a current UVU student. (If you are not a currently enrolled student, please notify the group leader immediately.)

Purpose
The purpose of this group is to promote growth and development in all who attend.

What to expect from group process

In group counseling, students meet with one or two trained group counselors on a weekly basis. In group, students tend to talk about a wide variety of concerns which are almost always related to something currently happening in their life. They benefit from realizing that other students also struggle and have found ways of working through similar issues. Group is a safe place for members to try new behaviors and to develop more satisfying ways of relating to others, which they can take into their lives outside of group.

Group members are encouraged to take their own pace in opening up, and trust and safety are emphasized. Initially, members may be quiet and hesitant as they try to figure out what feels okay to talk about. As members become more comfortable with the group, they open up more and show more of themselves. In group, students may expect to:

· Gain Support
· Share experiences and struggles
· Receive feedback
· Learn about yourself and others
· Try new behaviors
· Develop more satisfying ways of relating to others
· Many other possibilities

What are the ground rules?

· Group sessions are CONFIDENTIAL. Group leaders are ethically required not to share information unless certain criteria are met (i.e., a group member poses a threat of harm to self or others). In order to create a safe environment where members can feel comfortable in sharing, it is critical that group members not disclose information about the group.

*Please be aware if you’re being seen for both individual and group counseling here at Student Health Services, information may be shared amongst therapists in order to assure best services and assist with coordination of care.

· Regular and timely attendance is necessary for relationships to develop and for you to have sufficient continuity to get as much as you can out of group. If you truly must miss group, please let the leader(s) know as soon as possible. (Tess: 801-863-7012, Kersten.White@uvu.edu; Laura: 801-863-6388, Laura.Heaphy@uvu.edu)

· It usually takes a few sessions to open up and get enough of a sense of the group to decide if it is a good fit for your needs. We request that you commit to at least 3 sessions.
· Interaction with group members outside of group is discouraged. Developing close friendships with group members can complicate the group process. (For example, if you attend group with someone who is or has become a friend, you might be less honest or less-likely to gently challenge them in group.)

· If after the initial commitment the group does not feel like a good fit or at some point you feel as though you have gotten all you need from the group, it is essential that you discuss your decision with the group and give the other members an opportunity to say goodbye.

· Although group can be a very beneficial experience, it is not always the best fit for every individual in every situation. Under certain circumstances, the co-leaders may determine that it would be counterproductive for an individual to continue with group. In this situation, one or both of the co-leaders would privately discuss with the individual options that may serve her immediate needs better.

· You are encouraged to take your own pace in group. However, you will get more out of group if you work on your personal issues and participate regularly in the group process.

· It is expected of all group members to communicate with respect for all members of the group.

· Cell phones will be turned to the silent position and will not be answered unless there is an emergency. This includes texting.

· We send you a weekly reminder of group. However, please note that email is not a secure form of communication (others could access and see our email exchange). If you do not wish to participate, simply do not provide us with your email on this form (below).

**How Long will the Group Last?** Length of this group will be determined by the group members upon the first meeting. It is likely that the group will last from 75-90 minutes, and the group will continue for the remainder of the semester.

Please check one:
- I am here as part of a class assignment
- I am here for my own self-growth

*I have read and reviewed the above information and agree to follow these guidelines. By providing my email address I agree to receive weekly reminder emails for the group. I may ask to have my name removed from the reminder list at any time.*

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