

## **Men's Out-of-Control Sexual Behavior and Erotic Conflicts Therapy Group Contract**

### **Purpose Statement**

Welcome. This group is for men struggling with out-of-control-sexual behaviors and erotic conflicts.

### **Attendance Commitment**

- Group members are expected to be present each week, arrive on time, and remain throughout the entire session.
- Group members are expected to announce future planned absences at the beginning of the group prior to the absence.
- Group members are expected to leave a voicemail or text with the group leader (if they haven't done so already) on the day of an unplanned absence from group or a late arrival to group.
- There is a Leave of Absence available for up to eight weeks to be used only under extenuating circumstances as negotiated between the group member and the group leader.

### **Financial Commitment**

- Group members are fully responsible for their bills. Payment is due monthly, at the first group session of the month. Monthly payment includes all group sessions for the upcoming month.
- The fee for group participation is \$50 per session.
- Group members are charged for their place in the group and are required to pay for any missed sessions. Two uncharged absences are allowed for each six months of group participation.

### **Group Participation Commitment**

- Group members are expected to put away their phones, tablets and computers for the duration of group. There may be exceptions, but only in the case of emergency.
- Group members are expected not to be texting, emailing or reading messages, emails, websites, etc., for the entirety of group. Group

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- members are expected to create goals for group treatment during their assessments.
- Please refrain from using alcohol or cannabis on the day of group. If you use either substance prior to group (on the day of group), you'll be asked to sit out of group for that night.
- Group members are expected, as agreed upon during their assessment, to share their sexual health plan, group treatment goals and vision of sexual health with the group.
- Group members are expected to create and follow a written sexual health plan. Members are expected to disclose when they cross the boundaries listed in their sexual health plan during the next group session.
- Upon entering the group, members are expected to remain in the group for a minimum of six months. At the end of the first six months, group members may remain in the group until their treatment goals are achieved.
- Group members are expected to receive concurrent individual psychotherapy with a psychotherapist of their choice (one session per month at minimum) during the entirety of their group participation.
- Group members are expected to discuss with the group any changes in their treatment plan or sexual health plan *prior* to acting on them.
- Group members are expected to not eat or smoke during group sessions.
- Group members are expected to be as honest as possible during group discussions.
- Group members are expected to express feelings, ideas, and opinions in a manner that maintains the physical and personal safety of all members.
- Group members are expected to discuss within the group any contact among group members outside of the group sessions.
- Group members are expected to not engage in sexual, dating, or business relationships with other group members.

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- Group members are expected to give the group a minimum three sessions notice prior to ending their group participation.

### **Confidentiality Commitment**

- Group members are expected to protect the names and identities of fellow group members. Please be advised, confidentiality in group therapy cannot be guaranteed because the members are not held to the same legal and ethical expectation as the group leader. However, prior to entering the group, each group member is informed of the importance of confidentiality and has agreed to maintain confidentiality.
- The law protects the privacy of the majority of the communication between group members and leaders. In most situations, the group leader can only release information about a member's participation to others if the member signs a written authorization form that meets certain legal requirements
- A group leader must notify the intended victim and the appropriate law enforcement agencies if he judges that a group member has an intention to cause grave harm or death to another individual.
- If a group member's mental or emotional condition is assessed as dangerous to the member or the property of others, the group leader may disclose confidential information if it's determined disclosure is necessary to prevent the threatened danger.
- A group leader must report any suspicion of child abuse or sexual abuse to protect the child / children involved.
- A group leader must report the witnessing of domestic violence by minor children, even if the children themselves are not physically harmed.
- A group leader must report any suspected abuse, neglect, or sexual abuse of an elderly person or dependent adult to protect the elderly person or dependent adult involved. In cases of alleged criminal or civil liability, a group leader may be court ordered to release treatment

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- information and/or records. If a group member files a complaint or lawsuit against the leader, relevant information regarding that member may be disclosed in the defense of the leader.
- A group leader may determine it clinically necessary to discuss some aspects of your psychotherapy with another qualified professional in order to further treatment goals. If a leader seeks such a consultation, neither the group member's full name nor any identifying information will be communicated.
- A group leader may release a member's name for collections processing. However, no treatment related information would accompany the disclosure.
- If a group member files a worker's compensation claim, a group leader must, on appropriate request, disclose the information relevant to the claimant's condition to the worker's compensation insurer.

### **Guidelines for Successful Group Therapy**

- Group therapy is most successful when group members encourage participation of everyone during group discussions. However, group members are free to talk or not talk during group sessions.
- Group therapy is most successful when group members discuss major life decisions with the group *prior* to acting on them.
- Group therapy is most successful when group members interact with each other in a manner that is supportive of each member's treatment goals.

### **Consent for Treatment**

Before signing this form, make sure that all of your questions and concerns have been addressed. Your signature indicates that you understand the following:

- All of the commitments and expectations described here.

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Therapy Group Contract**

- Marc Gilmartin, MA agrees to follow the group leader commitments and expectations.
- You are voluntarily consenting to and authorizing Marc Gilmartin, MA to provide group psychotherapy services.

I hereby accept services for group therapy from Marc Gilmartin, M.A., under the terms and conditions, which have been reviewed with me.

Client

signature: \_\_\_\_\_ Date: \_\_\_\_\_

Group

Leader: \_\_\_\_\_ Date: \_\_\_\_\_