Secure Connections LLC
A PSYCHOTHERAPY PRACTICE

GROUP THERAPY RULES & EXPECTATIONS

Confidentiality
What's shared in group stays in group. Do not disclose another member's identity, experiences, or participation. Confidentiality is expected of everyone but cannot be guaranteed.

Respect Differences
Respect others' identities, backgrounds, beliefs, and lived experiences. Discrimination, harassment, and personal attacks are not tolerated.

Speak from Your Own Experience
Use "I" statements. Share your feelings and experiences rather than making assumptions about others.

Listen to Understand
Give others your attention. Avoid interrupting, side conversations, or preparing your response while someone else is speaking.

Share the Space
Be mindful of how much time you take. Everyone deserves an opportunity to participate, including those who need more time to find their words.

You Have the Right to Pass
You are welcome to participate at your own pace. You may decline to answer questions or share experiences without explanation.

Practice Curiosity, Not Judgment
Seek to understand rather than persuade. You can disagree with someone's perspective while respecting their humanity.

Avoid Unsolicited Advice
Resist the urge to fix, rescue, or compare experiences. Ask permission before offering suggestions or feedback.

Make Room for Discomfort
Difficult emotions, disagreements, and misunderstandings are natural. We can explore discomfort without shaming ourselves or others.

Practice Accountability & Repair
If your words or actions hurt someone, remain open to understanding their impact. Mistakes can become opportunities for growth and repair.

Respect Group Boundaries
Avoid romantic, sexual, or exclusive relationships with other members while participating in the group. Be mindful of how outside relationships may affect group safety.

Honor Others' Autonomy
Respect others' decisions about what they share, how they participate, and whether they wish to connect outside the group.

Attend Consistently
Arrive on time and attend regularly when possible. Notify the facilitator in advance if you cannot attend.

Participate Sober
Attend sessions free from alcohol or other impairing substances so you can participate safely and meaningfully.

Protect Our Virtual Space
Join from a private location, use headphones when appropriate, and ensure others cannot overhear. Recording, screenshots, and unauthorized participants are prohibited.

Be Present
Minimize distractions, silence notifications, and avoid multitasking. Give yourself and other members the gift of your attention.

Respect the Group's Purpose
Different groups serve different needs. Honor the group's intended population, focus, and shared therapeutic goals.

Communicate Safety Concerns
Tell the facilitator if something feels unsafe, harmful, or overwhelming. You do not have to manage these concerns alone.

Respect the Facilitator's Role

The facilitator may interrupt, redirect, or establish boundaries when necessary to protect members and support the therapeutic process.

Come As You Are

You do not need to be articulate, emotionally composed, or have everything figured out. Silence, uncertainty, tears, and laughter are welcome.