

Make Peace with Food Support Group Rules Form

Confidentiality: "Vegas Rule"- what is said here and happens here stays here. Both the leaders and the members keep the names of members of the group and what is said in the group, "Informed Consent" which was signed by all group members.

Privacy (The Stop Rule): No group members is every required to answer any questions or participate in any activity which makes them feel uncomfortable.

Dignity/Respect: Group members will refrain from humiliation or abusive language towards other group members. "Potty Mouth", or "freedom of expression" is acceptable. If a group member is offended by another group member's language they will be encouraged to speak directly with that person in the group and both parties will be supported by the leaders of the group. If that member feels uncomfortable to bring it up in the group, please speak to the leaders and we will all find a way to work it out.

Phones: Group members will turn off their phones at the beginning of group session. An exception to this rule would be if a member needs to receive communications concerning an emergency. If this is the case, they will inform the group leaders and the group.

Alcohol/Drugs: Members of the group will refrain from coming to group under the influence of drugs or alcohol.

Gossiping: No gossiping between group members; if a members has something they want to say about another member they agree to speak directly to the person during the group.

Exclusive relationships: Members agree to not date or have other exclusive relationships with other group members.

Attendance: Member's regular attendance is beneficial for all, however if it is necessary for a member to miss group they will give as much advance notice as possible. If you need to cancel please contact the group leaders. If you cancel with less then 24hr you will be charged for the group.

Termination: usually, group embers decide, within the group, with the leader, when it is time to leave the group. Sometimes it is necessary for a group member to leave the group unexpectedly, which can cause group members to wonder if they have harmed the leaving member. If a member needs terminate, they will contact the group leaders and also come to a last group meeting to tell the group members and say goodbye.

Client Signature

Date

Guardian Signature

Date

Therapist Signature

Date