



Informed Consent for Group Counseling

The policies and procedures within this Informed Consent are intended to supplement rather than replace those you agreed to in the beginning Client Paperwork.

Please read the following information thoroughly. Your initials at the beginning of each paragraph indicate that you have read all of the information and consent to treatment as outlined by these policies.

_____ Support

Since this group is intended to supplement individual counseling, each group member is required to also be in individual counseling. Many different emotions tend to arise during the course of group counseling, and we want to verify that you have the additional support necessary to deal with these different thoughts and feelings.

_____ Confidentiality

As we learn about and discuss different emotions and experiences, it is likely that group members will share information that is of a sensitive nature. Therefore, we ask that you maintain everything that is shared by others within the group in strict confidence and that you do not share others' experiences with those outside of the group.

We, as the group facilitators, will also keep anything that is shared during group in strict confidence, except where mandated or permitted by law. Situations when therapists must report information to the appropriate agencies include a) if you are a danger to yourself or someone else; b) if you reveal information about suspected child, elder (65+), or adult dependent abuse; c) if you report the intentional viewing or exchange of pornography (in any form) that involves a minor (a person under the age of 18); or d) if ordered by a court of law.

There also may be times where it might be helpful for us to speak with your primary therapist about your experience in the group. This is in compliance with the treatment team approach we describe in the beginning Client Paperwork.

_____ Consultation

The providers of Novus Mindful Life Institute work as a team. To provide you with the best care possible, specific details regarding your therapy may be reviewed among the supervising, consulting, and treatment staff within our organization. Specific issues may or may not be disclosed among the clinical staff for the purpose of coordination of care. Consultations outside the practice are conducted in adherence to our confidentiality requirements.

_____ Attendance and Participation

Group therapy is about relationships with people and learning new ways of interacting with them. For these reasons and more, you are asked to make a commitment to the group in terms of attendance and participation.

Attendance: On entering this group, you are making a commitment to attend every week. The group will understand that there may be times you are sick or on vacation. However, the group will come to expect and miss you when you are absent. As such, the group will expect you to treat it as a priority and to schedule around your regularly scheduled group time as much as possible. If you are ill or if there is an emergency, please call Novus Mindful Life Institute at #562.431.5100, so we can inform the other group members. If you miss more than 2-3 sessions in a three month period, your attendance will be addressed and you may be asked to leave the group.

Participation: As it may take time for you to feel comfortable in a group and to judge whether or not the group is right for you, we recommend that you try it for six months. You can reevaluate if the group is right for you after the initial six months. As you get to know your fellow group members, you will begin to trust them. Participation means that you start to share your own thoughts and feelings more freely and that you give feedback to other group members. Both actions will be an important part of your recovery.

_____ Leaving the Group

If you believe the group is not a good fit for you or if you choose to leave the group, you must give 30 days notice and discuss your departure with the other group members. It is important to understand that you will become a valued member of the group, and it is only fair that everyone, including you, has the opportunity to process your departure. This closure is vital to the therapeutic process, for both you and your fellow group members.

_____ Fee Information

The fee is a monthly flat rate paid in full each month. **There are no refunds for missed sessions for any reason.** This includes absences, holidays, cancellations, etc. Your fee reserves your place in the group for that month.

Fees are automatically charged in full on the 10th of each month to the credit card submitted on file with your beginning client paperwork. If you are enrolled in Automatic Monthly Billing, however, we will charge your credit card at the same time we process your other services for the month.

To formally discontinue your payments, please notify Novus in writing or contact the Administrative Office at #562.431.5100 at least 30 days prior to your desired withdrawal from group.

Fee Schedule (Please select the appropriate group for your enrollment.)

Sex Addiction Process Group - \$240.00 Monthly

- ☐ Monday - 06:00 PM to 07:30 PM (Long Beach)
- ☐ Tuesday - 06:00 PM to 07:30 PM (Santa Ana)
- ☐ Wednesday - 06:00 PM to 07:30 PM (Long Beach)
- ☐ Thursday - 12:00 PM to 01:30 PM (Santa Ana)
- ☐ Thursday - 06:00 PM to 07:30 PM (Long Beach)

Mending Hearts Group for Partners - \$240.00 Monthly

- ☐ Tuesday - 12:00 PM 01:30 PM (Long Beach)
- ☐ Tuesday - 05:00 PM to 06:30 PM (Long Beach)
- ☐ Wednesday - 11:00 AM to 12:30 PM (Santa Ana)

DBT and Mindfulness Group - \$320.00 Monthly

- ☐ Sunday - 10:00 AM to 12:00 PM (Long Beach)

Finding Your Voice Group - \$320.00 Monthly

- ☐ Tuesday - 05:00 PM to 07:00 PM (Long Beach)

By signing below, you acknowledge that you have read and understand all of the information within this paperwork, have received a copy for your records, and have had all of your questions answered.

Client Name (Printed)

Signature

Date

Facilitator Name (Printed)

Signature

Date