



## DBT Group Rules

Client Name \_\_\_\_\_ Case # \_\_\_\_\_

1. Every member is expected to attend all Group and Individual sessions. Clients who miss 4 consecutive sessions of scheduled services, either skills training group or individual therapy, will be discharged from the program and cannot return to therapy until the end of their contracted time period, and then return is a matter of negotiation. Excused absences: planned vacations, serious illness and medical hospitalization. Unexcused absences: mental health hospitalization and non-emergencies.
2. DBT is most effective when attended by a moderate number of members. Therefore, if group attendance falls below 3 or over 10 members, group members may be asked to relocate to another group.
3. Each member must be in ongoing individual therapy sessions weekly and cannot be involved in group if individual treatment has ended.
4. Names and all information shared in group must stay confidential (what is said in group, stays in group).
5. Members may not discuss suicidal or self-abusive thoughts or behaviors with other members inside or outside the group.
6. Group will start on time. Arriving late may be considered an absence.
7. Sexual partners, family members or close friends may not be in the same group.
8. All members are expected to be respectful to other group members and the facilitators (do not interrupt others or give unsolicited advice; only support). Members who are disrespectful may be asked to leave.
9. Electronic devices (cell phones, video games, music players, laptops, etc.) are not to be used during group.
10. Homework will be expected to be completed by all group members. This includes completion of diary cards prior to your group meeting.
11. Members who come to sessions under the influence of alcohol or drugs will be asked to leave.
12. Because group facilitators are concerned with the safety of group members, leaving group abruptly without notice may result in facilitators contacting the police to perform a welfare check.
13. Group members may bring their own beverages to group. Food is allowed only if considered appropriate by your group facilitators.
14. No children are to be brought to group sessions. There are no babysitting or supervision services provided and your child cannot be left unsupervised.
15. A member who violates the group rules must make a repair to the group.
16. Only the group facilitators may make exceptions to these rules.

I have read and understand the above rules and agree to follow them to the best of my ability:

Client Signature: \_\_\_\_\_

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

Clinician Signature: \_\_\_\_\_

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