Adult Growth & Connection Group
Participant Information Packet & Workbook

Triangle Wellness Counseling, PLLC
Professional Group Psychotherapy Materials
Chapel Hill, North Carolina

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Part I: Participant Information Packet & Workbook

Client welcome message

Welcome to the Adult Growth & Connection Group. This packet is designed to help you understand what the group is, what participation involves, how safety and confidentiality are handled, and how the workbook tools can support reflection and practice between sessions.

The group is structured, supportive, and practical. You are not expected to have everything figured out before beginning. You are invited to participate at a pace that is respectful of your own readiness while also honoring the commitments that help a closed group work well.

Participant packet contents

- Overview, group purpose, and who the group is for
- Facilitator and group details
- Group norms and participation agreements
- Expanded safety and process norms
- Confidentiality, communication, and recording expectations
- Informed consent addendum and confidentiality agreement
- Fees, attendance, safety, and crisis resources
- Screening, pre-group preparation, and individual goals
- Workbook tools for reflection, practice, and maintenance

Screening forms and intake materials

- Brief screening questionnaire
- Fit and readiness questions
- Risk, crisis, or higher-level-care screening items
- Attendance, confidentiality, and closed-group expectations
- Individual goals matrix
- Pre-group reflection

How forms and workbook materials will be completed

Most participant forms, screening materials, acknowledgments, consents, and selected workbook reflections will be completed electronically through SimplePractice fillable forms, not by paper and pencil.

Participants will receive the relevant forms through the SimplePractice client portal when completion is needed. Some workbook tools may be used for private reflection, group discussion, or between-session practice, but members are not expected to print this packet unless they personally prefer to do so.

Please complete SimplePractice forms in the client portal by the requested deadline. If you have difficulty accessing the portal, completing electronic forms, or need an accommodation, please contact the facilitator or practice as soon as possible.

Screening, intake, consent, acknowledgment, and selected workbook materials will be completed electronically through SimplePractice fillable forms rather than on paper.

Participants may be asked to complete the following through the SimplePractice client portal:

- Brief screening questionnaire
- Fit and readiness questions
- Risk, crisis, or higher-level-care screening items
- Attendance, confidentiality, and closed-group expectations
- Informed consent addendum
- Confidentiality agreement
- Individual goals matrix

- Pre-group reflection
- Selected workbook reflections or between-session practice forms, when clinically appropriate

The information packet and workbook may still be used as a reference during the group. Members may keep a copy for review, but they do not need to print or handwrite responses unless they choose to do so for their own private use.

Adult Growth & Connection Group — Pre-Group Screening Questionnaire

This screening questionnaire helps determine whether the Adult Growth & Connection Group is an appropriate clinical fit. Completing this form does not guarantee admission to the group. The facilitator will review responses and may schedule a brief screening conversation before confirming participation.

Basic information

Name:	
Date:	
Preferred contact method:	
Emergency contact, if clinically appropriate:	

Reason for interest

1. What led you to consider this group now?
2. What are you hoping the group may help with?
3. What would make this group feel worthwhile by the end of the 8-week cycle?

Fit and readiness

1. Are you able to attend a closed 8-week group with consistent membership?
2. Are you willing to protect confidentiality and avoid sharing other members' identities, stories, or participation outside group?
3. Are you able to attend group sober and unimpaired?
4. Are you open to respectful feedback, group agreements, and accountability without shame?
5. What concerns do you have about participating in a therapy group?

Clinical concerns and support needs

Please briefly describe any current concerns related to stress, anxiety, depression, loneliness, isolation, relationship strain, family pressure, perfectionism, shame, self-criticism, avoidance, overworking, substance use, numbing out, or other coping patterns you would like support with.

Safety and level-of-care screening

1. Are you currently in crisis or needing immediate safety support?
2. Have you recently had thoughts of harming yourself or someone else?
3. Are there current safety concerns, abuse, coercion, stalking, domestic violence, or other relationship safety issues that may require specialized support?
4. Are you currently using substances in a way that may interfere with group participation or emotional safety?
5. Do you currently have a safety plan, individual therapist, psychiatrist, primary care clinician, crisis contact, or other support?

Important: This group is not a crisis service. If you are in immediate danger or believe you may harm yourself or someone else, call 911 or go to the nearest emergency department. In the United States, call or text 988 for the Suicide & Crisis Lifeline.

Group participation considerations

1. What helps you feel safe enough to participate in a group?
2. What might make it hard for you to speak honestly or ask for support?
3. What do you want the facilitator to know about pacing, privacy, feedback, or participation?
4. Are there accessibility, scheduling, cultural, identity, or communication needs that would help you participate more fully?

Individual goals

Please identify 2–4 goals you may want to work on during group. Goals can relate to emotional awareness, communication, boundaries, relationships, self-compassion, stress, values, support, or reducing isolation.

Goal	What progress would look like
1.	
2.	
3.	
4.	

Acknowledgment

By submitting this screening questionnaire, I understand that the Adult Growth & Connection Group is a closed, structured outpatient therapy group; that screening is required and does not guarantee admission; that the facilitator will determine clinical fit; that regular attendance, confidentiality, sober participation, and respectful engagement are expected; and that this group is not a crisis service.

Participant Name: _____
Signature: _____
Date: _____

Part II: Participant Workbook & Resource List

Benefit of this section: Collects optional handouts, reflection tools, and measurement resources that can help members practice skills, track change, and choose resources that fit their goals without requiring every tool to be completed. This section functions as the working library for between-session reflection and skill practice.

Overview

This document is intended to help prospective participants quickly understand what the Adult Growth & Connection Group offers, who it is designed for, what participation involves, and how to take the next step.

This group offers a steady, supportive space to build on your existing strengths, feel less alone, talk honestly, and practice healthier ways of relating to yourself and others.

No pressure to have it all figured out. No forced sharing. Just real conversations, practical tools, and support rooted in dignity, consent, accountability, respect, and the belief that growth is possible.

The group will grow through regular check-ins, open communication, and feedback from members while maintaining clear structure, safety, and confidentiality expectations.

Many younger adults are navigating a mix of practical and emotional pressures, including rising costs, housing affordability, wage and job uncertainty, debt, health care access, climate stress, public safety concerns, political distrust, social inequality, loneliness, and mental health challenges. This group makes room for those realities without turning them into a debate. The focus is on how these pressures affect daily life, relationships, identity, hope, and the practical choices people are trying to make.

This group is not a substitute for emergency, crisis, or higher-level care. It is designed to offer a steady, supportive setting for connection, practical tools, and early support before people feel more alone or overwhelmed.

Common concern	How it can show up
Anxiety	Worry, panic, overthinking, fear about money, work, relationships, or the future
Depression	Low mood, hopelessness, fatigue, low motivation, loss of interest, or social withdrawal
Stress and burnout	Feeling overwhelmed, exhausted, emotionally drained, or unable to keep up
Loneliness and isolation	Feeling disconnected, unseen, unsupported, or without a stable sense of belonging

Substance use concerns	Using alcohol, cannabis, nicotine, or other substances to cope, numb out, or manage distress
Sleep problems	Insomnia, irregular sleep, poor sleep quality, or feeling unrested
Access-to-care concerns	Cost, waitlists, insurance barriers, stigma, scheduling conflicts, or not knowing where to start

Who this group is for

This group may be a good fit if you want support with any of the following experiences:

- Feel stressed, anxious, burned out, lonely, isolated, or stuck.
- Have been feeling down, unmotivated, numb, or disconnected.
- Keep things to yourself until they pile up.
- Struggle with friendships, dating, family, or relationships.
- Feel pressure from school, work, family, gender expectations, finances, housing, health care costs, or the future.
- Feel "behind," overly self-critical, or caught in perfectionism.
- Avoid conflict, people-please, shut down during hard conversations, or say yes when you want to say no.
- Use alcohol, cannabis, gaming, scrolling, pornography, overworking, or busyness to avoid or manage difficult feelings.
- Have a hard time asking for help.
- I want to be more honest, emotionally present, and respectful in relationships.

You do not have to be in crisis to join. You also do not have to be "good at talking about feelings." Most people ease into that over time.

What we will talk about

Each week focuses on real-life issues adults commonly face, including:

- Stress, overthinking, anxiety, depression, and burnout.
- Loneliness, isolation, friendship, dating, rejection, consent, and respect
- Family pressure, boundaries, and saying no.
- Feeling behind in life, shame, perfectionism, self-respect, and self-criticism
- Examples such as holding yourself to impossible standards, procrastinating because something may not be perfect, over-preparing, replaying mistakes, or feeling like rest must be earned.
- Alcohol, cannabis, pornography, gaming, scrolling, overworking, or other ways of numbing out.
- Anger, shutdown, conflict avoidance, emotional blowups, accountability, and communication.

- Examples such as avoiding hard conversations, apologizing too quickly, over-explaining, shutting down, trying to keep everyone comfortable, or feeling responsible for other people's reactions.
- Asking for help, building realistic self-care, and navigating big-picture stressors such as cost of living, wages, debt, health care costs, climate change, housing affordability, public safety, political dysfunction, equality, uncertainty about the future, and feeling dismissed or demeaned by older generations.

The goal is not perfection. The goal is to feel less alone, recognize what is already working, become steadier, and build more caring, accountable ways of relating.

What the group is like

This is a small, therapist-led group designed to feel practical, respectful, and conversational rather than stiff or lecture-based.

You can expect:

- Real conversations in a relaxed, respectful environment
- Other adults navigating similar life-stage concerns.
- Enough structure to keep the group focused and comfortable.
- Practical tools you can use outside of group.
- Space to talk, listen, and ease in at your own pace.
- Regular opportunities to share feedback and shape the group experience.

You will not be judged for being quiet at first, pushed into forced sharing, or told to "just think positive." You will be invited to participate at a manageable pace while respecting confidentiality, honoring boundaries, and engaging honestly enough to get something meaningful from the experience.

Members will have regular opportunities to share what is helpful, what could feel more supportive, and which topics may need more attention. Feedback will be welcomed as part of creating a responsive, respectful, and collaborative group environment.

Why join this group?

Many adults learn to manage stress by staying silent, staying busy, or trying to manage everything alone. Over time, which can make emotions harder to name and relationships harder to navigate.

- Making jokes when things get serious.
- Staying busy all the time
- Saying "I'm good" when things are not good.
- Avoiding hard conversations or conflict
- Bottling things up until you shut down or snap.
- Trying to fix everyone else's problems instead of naming your own needs
- Feeling like you must earn rest, love, or respect.

- Confusing control with strength
- Struggling to recognize or respect your own boundaries and the boundaries of others.

This group offers a different option: a place to say what is really going on, hear "me too" from others, and practice honesty, care, accountability, and connection.

Common maintaining patterns

The table below is not part of screening criteria. It introduces common protective patterns the group may help members notice, understand, and practice responding to differently.

Pattern	Short-Term Function	Long-Term Cost
Emotional suppression	Keeps functioning stable	Loneliness, numbness, resentment
Overwork	Provides identity and control	Burnout, relational neglect
Avoidance	Reduces immediate discomfort	Shrinks life and delays grief
Anger / intellectualization	Protects against vulnerability	Blocks intimacy
Self-criticism	Attempts to motivate change	Increases shame and depression
Isolation	Prevents rejection	Prevents support
Rescuing others	Creates worth and control	Avoids own needs
Perfectionism	Protects image	Inhibits authenticity
Rumination	Attempts to solve pain	Deepens distress

Group details

Group	Adult Growth & Connection Group
Who	Adults ages 18+
Length	8 weeks; may be extended if there is sufficient interest
Session time	90 minutes
Format	Closed, structured outpatient group psychotherapy with consistent membership for the full cycle
Start date	Thursday, August 13, tentative and adjustable if needed
Day/time	Thursdays, 5:00–6:30 p.m., tentative and adjustable if needed

Location	101 Old Larkspur Way, Chapel Hill, NC 27516
Cost	$480 total, paid up front ($60 per session); insurance is not accepted for this group
Led by	Steven M. Clemens, M.Ed., NCC, LCMHC
Practice	Triangle Wellness Counseling, PLLC
Intended use	For participants in this group; not a crisis service

A brief screening questionnaire is required before joining to ensure the group is a good fit.

Please note: This group is currently by invitation only and is being offered only to current clients of Steven M. Clemens, LCMHC.

Possible weekly topics (all topics are subject to change based on group input)

Week	Topic
1	Getting comfortable and setting the tone
2	Cost of living, wages, debt, and health care costs
3	Housing affordability, uncertainty about the future, perfectionism, and building a stable adult life. Examples may include holding yourself to impossible standards, over-preparing, procrastinating because something may not be perfect, replaying mistakes, or feeling like rest must be earned.
4	Climate stress, public safety, political dysfunction, equality, and feeling dismissed or demeaned by older generations
5	Friendship, dating, rejection, loneliness, and isolation
6	Family pressure, boundaries, consent, saying no, and conflict avoidance, including people-pleasing, over-explaining, apologizing too quickly, shutting down, or trying to keep everyone comfortable
7	Numbing out: alcohol, cannabis, scrolling, gaming, pornography, or overworking
8	What changes after the group ends: support, accountability, strengths, next steps, and staying connected to hope

These topics will be approached respectfully and clinically, with attention to how larger social and economic pressures affect daily life, relationships, mental health, and hope for the future.

The weekly topics move from trust-building into the pressures many adults are carrying, including money, housing, uncertainty, relationships, loneliness, family expectations, boundaries, perfectionism, conflict avoidance, coping patterns, and hope for what comes next. Each topic will be approached with respect, curiosity, practical tools, emotional support, and member feedback.

This group may be for you if...

- You want stronger, more respectful friendships or relationships.
- You feel stuck in your own head.
- You want to manage stress and conflict without shutting down, blowing up, controlling, people-pleasing, or numbing out.
- You want to be less hard on yourself and feel less driven by perfectionism.
- You want to feel less alone.
- You want support that feels honest, grounded, and practical.
- You want to better understand how expectations may be shaping your emotions, choices, and relationships.

What this group is not

This group is not:

- A place to be judged or shamed.
- A lecture
- A debate club
- A space where racist, sexist, homophobic, transphobic, ableist, or otherwise demeaning language is ignored or allowed to go unaddressed.
- A forced feelings circle
- A competition over who has it worse
- A place where you need perfect words.
- A replacement for crisis care

It is a place to practice being more real, more connected, and more responsible while also recognizing resilience, courage, and the strengths you are already bringing into your life.

Ethical and participation notes

- A brief screening process is required to help determine whether the group is an appropriate fit.
- Participants will review informed consent, group expectations, fees, attendance, confidentiality limits, and crisis procedures before beginning.
- Group members are expected to respect confidentiality; however, because this is a group setting, confidentiality by other members cannot be guaranteed.

- This group is not a substitute for emergency, crisis, or higher-level care. If you are in immediate danger or experiencing a mental health emergency, call 988, call 911, or go to the nearest emergency department.
- If the group is offered by telehealth, participants are expected to join from a private, safe location.
- This group welcomes adults ages 18+ across identities and backgrounds and asks all participants to support a respectful, non-discriminatory environment.
- Group member feedback will be invited regularly and used to help the group remain responsive, transparent, and supportive while staying within appropriate clinical and ethical boundaries.

Group norms and participation agreements

Group norms should be reviewed during Week 1 and revisited as needed. These agreements support emotional safety, confidentiality, accountability, and meaningful participation.

Core group agreements

Agreement	Member Commitment	Why It Matters
Confidentiality	What is shared in group stays in group, with legally and ethically required exceptions.	Supports trust, privacy, and emotional safety.
Consistent attendance	Members commit to attending all sessions except emergencies or unavoidable conflicts.	Supports continuity, trust, and group cohesion.
Sober participation	Members attend free from intoxication or impairment.	Protects emotional safety, attention, and group trust.
Respectful communication	No mocking, interrupting, threats, intimidation, or contempt.	Keeps honesty connected to dignity and safety.
Speak from "I"	Members speak from personal experience rather than generalizing, diagnosing, or lecturing.	Reduces blame and helps members own their experience.
No fixing, rescuing, or unsolicited advice	Support begins with listening, curiosity, reflection, and consent-based feedback.	Helps members practice presence rather than overfunctioning.
Challenge with care	Feedback should be honest, respectful, specific, and in service of growth.	Supports accountability without contempt or shame.
Share the space	Members monitor both over-participation and withdrawal.	Supports balanced participation and inclusion.

Expanded safety and process norms

Expanded Norm	How Members Practice It
Vulnerability is invited, not forced	No one is coerced into disclosure. Avoidance may be gently explored.
Accountability without shame	Behavior can be examined directly without attacking identity or worth.
No collusion	The group does not reinforce blame, contempt, misogyny, racism, homophobia, entitlement, cruelty, or avoidance.
Repair matters	Missteps are expected. Members practice acknowledgment, repair, and recommitment.
No outside triangulation	Members do not discuss another member's material with others outside the group. Gossiping about group members or about people connected to group material is not tolerated.
Boundaries outside group	Outside contact should be discussed carefully and should not undermine confidentiality, safety, or group process.
Protect people not present	Members avoid sharing identifying details about people who are not in the group unless clinically necessary, and speak about others with respect and care.

Confidentiality and recording

Members agree to protect the privacy of everyone in the group. What is shared in group stays in group, except when disclosure is legally, ethically, or clinically required. Members may talk about their own experience outside group, but may not share another member's name, identity, story, participation, or private information.

The facilitator is legally and ethically bound by professional confidentiality rules. Group members also agree, as a condition of participation, to protect one another's privacy; however, confidentiality among members cannot be absolutely guaranteed.

No recording, screenshots, transcription, or AI tools: Members may not record, photograph, screenshot, transcribe, summarize with AI, or use any tool that captures, stores, processes, or reproduces group content. Private notes about one's own experience are allowed, but they must not include identifying information about other members.

Confidentiality in email, text, and portal communications

For group-related communication, members are encouraged to use the client portal whenever possible. Email and text may be less secure and should be limited to brief scheduling or administrative matters unless otherwise directed.

Members should not include detailed clinical material, identifying information about other group members, or private information about people discussed in group in email, text, or portal messages. Messages should focus on the sender's own questions, scheduling needs, safety concerns, or participation needs.

Email, text, and portal communication are not substitutes for group sessions, individual therapy, or crisis services. Clinically relevant communications may become part of the clinical or administrative record.

Participation expectations

Attendance and commitment: Consistent attendance matters. Trust is built through presence, repetition, and shared commitment. Members are expected to attend all 8 sessions unless there is an unavoidable emergency, illness, or prior arrangement with the facilitator. If a member needs to miss a session, they should notify the facilitator as soon as possible.

Sober participation: Members agree to attend group sober and unimpaired. Alcohol, cannabis, non-prescribed substances, or misuse of prescribed medication can interfere with emotional safety, participation, and group trust. If a member arrives impaired, the facilitator may determine that participation is not appropriate that day and may follow up individually about safety, transportation, support, and whether continued group participation is clinically appropriate.

Speak from the "I": Members are asked to speak from personal experience rather than making broad statements about all men, all women, all partners, all families, or all people.

No fixing or rescuing: Support begins with listening. Before offering feedback or advice, members are encouraged to ask, "Do you want support, reflection, or suggestions?" Consent-based feedback helps members practice respect, humility, and emotional safety.

Respectful feedback: Feedback should be respectful, specific, and grounded in personal experience. The facilitator may slow down, redirect, or pause feedback to protect safety, accountability, and usefulness.

No collusion: Support does not mean automatic agreement. The group will not reinforce blame, contempt, entitlement, misogyny, racism, avoidance, intimidation, or harmful behavior. The group can care about a member while also asking what their part is, what impact their behavior had, what they may be avoiding, what repair may be needed, and what accountability could look like.

No gossip and respect for people not present: Gossiping will not be tolerated in this group. Members are expected to protect the identities, privacy, and dignity of people who are not present in the group, including partners, family members, friends, coworkers, and other clients. Members should avoid unnecessary identifying details and speak about others in ways that support clinical reflection rather than blame, ridicule, or side-taking.

Respect for identity and difference: Members may differ in race, ethnicity, culture, religion, sexual orientation, gender history or expression, class background, age, ability, veteran status, political perspective, family structure, and life experience. The group asks members to practice curiosity, humility, and respect. Harmful generalizations, demeaning language, harassment, or contempt toward any identity group are not part of this group's work and may be redirected by the facilitator.

Behavioral safety: Threats, intimidation, harassment, coercion, stalking, discriminatory abuse, or behavior that compromises group safety may result in immediate removal from a session and further clinical review of whether continued participation is appropriate. The group may address anger, conflict, and relationship strain, but it is not a substitute for specialized intervention when there is domestic violence, coercive control, stalking, intimidation, or safety risk in a relationship.

Addressing tension in group: If tension, misunderstanding, hurt, or disconnection happens in group, members are encouraged to bring it back into the group respectfully when possible. Repair is part of the work. The facilitator will help members slow down, speak from their own experience, and practice accountability without shame.

How norm concerns and infractions are addressed

Norm concerns are addressed as part of the therapeutic work, not as a search for perfection. The facilitator may slow the conversation, name the concern, clarify the relevant agreement, invite reflection, and support repair.

The group may be invited to respond respectfully by naming impact, asking clarifying questions, returning to shared agreements, and practicing accountability without shame. Members are expected to participate in repair in good faith when their behavior affects safety, trust, confidentiality, or group cohesion.

The facilitator may address concerns in the moment, follow up individually, create a repair or participation plan, recommend additional support, or determine that continued participation is not clinically appropriate. Serious or repeated concerns—such as confidentiality breaches, harassment, threats, intimidation, intoxication, discrimination, coercion, gossip, or refusal to respect group norms—may result in being asked to leave a session or discontinue group participation.

Share the space: Members are encouraged to notice both over-participation and withdrawal. If you often speak, practice listening. If you often stay quiet, practice taking one honest step into the room. Participation does not have to be perfect, but it does need to be respectful and engaged.

Contact between members outside group

Members are encouraged to be thoughtful about contact with one another outside group. Outside contact can affect confidentiality, boundaries, and group dynamics.

Informed consent addendum

Adult Growth & Connection Group Informed Consent Addendum

This document supplements the practice's general informed consent for counseling services.

Nature of the group: This is a closed, structured outpatient psychotherapy group for adults seeking support, insight, emotional growth, relational improvement, stress resilience, and values-based change. Group therapy is not a replacement for individual therapy; it may complement individual therapy through shared support, interpersonal practice, feedback, accountability, and connection.

What group may include: Discussion of personal experiences, emotional reflection, interpersonal feedback, psychoeducation, mindfulness and acceptance exercises, stress coping skills, relationship and communication practice, values clarification, and between-session reflection.

Potential benefits and risks: Members may experience reduced isolation, greater emotional awareness, improved relationships, self-understanding, stress management, self-compassion, accountability, and connection. Group therapy may also involve discomfort, including feeling exposed, receiving feedback, hearing difficult stories, noticing painful patterns, or experiencing disagreement. The facilitator will work to maintain a respectful, clinically appropriate environment.

Confidentiality: The facilitator protects confidentiality within legal and ethical limits. Because this is a group service, confidentiality also depends on each member honoring the group agreement. Members agree not to share names, identifying details, group content, or private information about people discussed in group outside group.

Limits of confidentiality: Confidentiality may be limited when disclosure is required or permitted by law, ethics, or clinical safety needs, including serious harm to self or others, abuse or neglect, court orders, emergencies, mandated reporting, or privacy-protective consultation or supervision.

Email, text, and portal communication: Members are encouraged to use the client portal when possible. Email and text should be limited to brief scheduling or administrative matters unless otherwise directed. Members should not include identifying information about other members or unnecessary private details about people discussed in group.

Attendance: Because this is a closed group, regular attendance matters. Notify the facilitator in advance when possible.

Individual therapy during group: Members may continue individual therapy while participating in group or may pause it during the group cycle when clinically appropriate. Individual therapy supports the member's own goals, safety, processing, and participation; it is not used to discuss or process other group members.

Emergency care: This group is not a crisis service. Participants experiencing urgent risk or psychiatric emergency should use crisis resources, contact emergency services, or follow their individual safety plan.

Consent

By signing below, I acknowledge that I understand the nature, benefits, risks, confidentiality limits, and expectations of participation in the Adult Growth & Connection Group.

Participant Name: _____
Signature: _____
Date: _____
Facilitator: _____

Confidentiality agreement

Adult Growth & Connection Group Confidentiality Agreement

I understand that confidentiality is essential to the safety and integrity of this group.

I agree to:

- Keep the identities of group members private.
- Not share personal stories, disclosures, or identifying details outside group.
- Not discuss another member's participation with others.
- Avoid posting about group members or group content on social media.
- Protect written materials and notes that include personal information.
- Respect the privacy of members if I see them outside group.
- Bring concerns about confidentiality to the facilitator.
- Not gossip about group members or people discussed in group.
- Protect the identities and dignity of people who are not present in group.
- Avoid using email, text, or portal messages to share identifying information about other members or unnecessary private details about people discussed in group.

I understand that the facilitator has legal and ethical confidentiality obligations. I also understand that other group members are expected to honor confidentiality, but the facilitator cannot guarantee what members share outside group. I agree to protect the privacy of all group members.

I understand that confidentiality has legal and ethical limits, including safety concerns and mandated reporting obligations.

Participant Name: _____
Signature: _____
Date: _____

Potential benefits and risks of group therapy

Group therapy can be meaningful and helpful, and it can also involve discomfort. This section explains both.

Potential benefits

Group therapy may help members:

Potential Benefit	How It May Help

Reduced isolation	Members may feel less alone as they hear others describe similar struggles, fears, and patterns.
Honest communication	Members can practice naming feelings, needs, boundaries, and impact more directly.
Support without rescuing	Members can receive support and learn to offer reflection, care, and presence without taking over.
Perspective and pattern awareness	Members may better identify protective patterns, relational habits, and new choices.
Emotional awareness and boundaries	Members can build emotion language, self-regulation, and clearer limits.
Repair and relational skills	Members can practice repair, accountability, listening, and new ways of relating.

Potential risks

Group therapy may also involve discomfort. Members may feel:

Potential Risk or Discomfort	How It May Show Up
Vulnerability or anxiety	Members may feel exposed, nervous, or uncertain about how much to share.
Feeling challenged or misunderstood	Feedback, disagreement, or different perspectives may feel uncomfortable.
Emotional activation	Hearing others' experiences may bring up memories, grief, anger, shame, or relationship concerns.
Frustration or uncertainty	Members may feel unsure whether change is happening or may struggle with pacing.
Interpersonal discomfort	Group work may surface tension, disagreement, or awareness of relational patterns.

The facilitator will support safety and pacing, but some discomfort can be part of meaningful therapeutic work.

Fees, payment, and attendance policy

Fees, billing arrangements, cancellation expectations, and payment policies are reviewed separately as part of the practice's financial agreement. Because this is a closed group, consistent attendance is important for both clinical trust and group continuity. If financial, scheduling, or attendance concerns arise, members are encouraged to address them with the facilitator or practice as early as possible.

Safety, support, and crisis resources

This group is not a crisis service. If you are in immediate danger or believe you may harm yourself or someone else, call 911 or go to the nearest emergency department. For mental health crisis support in the United States, call or text 988 — Suicide & Crisis Lifeline.

Leaving the group early

If a member is considering leaving the group before the 8-week cycle ends, the member is encouraged to discuss this with the facilitator. When clinically appropriate, the facilitator may invite the member to say goodbye to the group in a way that supports closure and respects privacy. The facilitator may also recommend alternative care if the group is no longer the best fit.

Pre-group preparation

Before the first meeting, members may be asked to complete a brief reflection to help clarify what they want from group and what they are hoping to practice. This reflection is not a test, and there are no right or wrong answers.

Reflection Area	What the Reflection Helps Clarify
Reason for joining	Why I am joining the group now and what I hope will be different.
Pattern to understand or change	What coping, relationship, stress, or avoidance pattern I want to notice more clearly.
Emotion and support barriers	What emotion is hardest to express, what gets in the way of asking for support, and what makes honesty difficult around others.
Strengths and direction	What strengths I bring and what kind of person I want to practice becoming.

Adult Growth & Connection Group Pre-Group Reflection

This reflection is not a test, and there are no right or wrong answers. It is designed to help you begin identifying what brings you to group, what patterns you want to understand, what support may be difficult to ask for, and what strengths you want to build on.

Reflection Area	Prompt	My Response
Reason for joining	Why am I considering this group now, and what do I hope will be different by the end?	
Pattern to understand or change	What coping, relationship, stress, avoidance, perfectionism, or numbing pattern do I want to notice more clearly?	
Emotion and support barriers	What emotion is hardest for me to express, and what gets in the way of asking for support?	
Relationships and communication	Where do I want to practice more direct communication, boundaries, repair, or honest connection?	
Strengths and direction	What strengths do I bring, and what kind of person do I want to practice becoming?	
Group participation	What might help me participate at a manageable pace while respecting confidentiality, attendance, and group agreements?	

Individual goals matrix

Each participant should identify 2–4 individual goals during intake or Week 1. Goals should be observable, clinically relevant, and connected to the group's themes.

Individual goals matrix template

Domain	Possible Goal	Observable Indicator	Progress Rating 0–10
Emotional awareness	Identify and name emotions more accurately	Uses emotion words beyond "fine," "stressed," or "angry"	
Vulnerability	Share honestly in group	Discloses meaningful internal experience at least once per session	
Relationships	Improve communication with partner, friend, or family	Initiates one direct conversation weekly	

Grief/loss	Integrate loss without avoidance	Can discuss loss with emotional honesty and self-compassion	
Self-esteem	Separate worth from performance	Challenges self-condemning thoughts	
Self-compassion	Reduce harsh self-talk	Uses compassionate inner language during setbacks	
Stress	Build coping plan	Uses grounding, planning, or stress inoculation tool	
Values	Act according to chosen values	Completes one values-aligned action weekly	
Social connection	Reduce isolation	Reaches out to one supportive person weekly	

Participant workbook tools

This workbook section includes optional tools, reflection prompts, and handouts that may be used during the Adult Growth & Connection Group or between sessions to support awareness, practice, and continued growth.

Weekly outcome reflection

The group may use a brief weekly outcome tool to help members notice how they are doing across personal, relational, social, and overall well-being. The number is not the main point; the reflection is the main point.

ORS Reflection Area	What Members Consider
Personal well-being	How the member is doing internally, emotionally, and physically.
Close relationships	How connection, communication, repair, conflict, or distance is showing up.
Work, school, friendships, or social functioning	How the member is functioning in roles, responsibilities, and community life.
Overall well-being	A broad snapshot of how life feels as a whole this week.

Stress and control map

Stress often becomes more overwhelming when everything feels equally urgent, threatening, or unsolvable. The Stress and Control Map helps members move from rumination toward grounded action.

Category	Meaning
Outside my control	Things I cannot directly control.
Within my influence	Things I may be able to affect but cannot fully control.
Within my control	My choices, actions, boundaries, words, and next steps.

Psychological flexibility

Psychological flexibility means being able to notice difficult thoughts, feelings, memories, sensations, or urges without being completely controlled by them. In everyday language, it asks: "Can I make room for discomfort and still move toward what matters?"

Psychological Flexibility Skill	What Members Practice
Make room for discomfort	Feel discomfort without immediately escaping, fixing, numbing, or controlling it.
Notice thoughts	Notice thoughts without treating them as absolute truth or automatic instructions.
Stay connected under stress	Remain present with self and others when shame, anxiety, grief, or anger are present.
Act from values	Take values-based action even when difficult emotions, memories, or urges are present.

Self-compassion without self-excuse

One central goal of this group is accountability without shame. Self-compassion does not mean making excuses; it means creating enough internal steadiness to tell the truth, take responsibility, and choose the next wise action.

Important Distinction	Clinical Meaning
Accountability from shame	Accountability owns behavior and impact; shame attacks identity and worth.

Humility from self-attack	Humility allows learning; self-attack keeps the focus on punishment or collapse.
Responsibility from worthlessness	Responsibility supports agency; worthlessness leads to despair, avoidance, or defensiveness.
Growth from perfectionism	Growth allows practice and repair; perfectionism demands flawlessness before participation.

People-pleasing, self-worth, and personal rules

Many people learn to earn connection by being useful, agreeable, competent, funny, low-maintenance, or needed. These patterns may have helped at one time, but over time they can lead to resentment, exhaustion, emotional distance, and difficulty saying no.

Reflection Area	Question
Acceptance and approval	What do I believe I have to do to be accepted, and what do I fear would happen if I disappointed someone?
Yes, no, and self-abandonment	Where do I say yes when I mean no, and where do I confuse kindness with self-abandonment?
Personal rules and self-respect	What rule am I living by that may no longer serve me, and what would self-respect look like in this situation?

Communication style reflection

Assertiveness means expressing yourself honestly while respecting the dignity of the other person. Members may reflect on passive, aggressive, passive-aggressive, and assertive communication patterns.

Style	What It Can Sound Like	Possible Cost
Passive	“It’s fine.” “Whatever you want.”	Needs go unspoken; resentment builds.
Aggressive	“You always do this.” “That’s ridiculous.”	Others may feel attacked or defensive.
Passive-aggressive	“Must be nice.” “I guess I’ll handle it.”	Conflict stays indirect and trust erodes.
Assertive	“I feel frustrated, and I need us to slow down.”	May feel uncomfortable at first but supports clarity and respect.

Boundary practice

A boundary is not a demand that someone else change. A boundary is a statement of what you will do, what you will not do, or what you need in order to remain respectful, safe, and honest.

Boundary Example	Boundary Type	What It Protects
"I am willing to talk about this, but not while we are yelling."	Conversation boundary	Respectful communication and emotional safety.
"I can help for one hour, but I cannot take over the whole task."	Time and responsibility boundary	Energy, fairness, and prevention of overfunctioning.
"I need time to think before I answer."	Pacing boundary	Thoughtfulness, self-regulation, and reduced reactivity.
"I am not available for that conversation tonight."	Availability boundary	Rest, timing, and capacity.
"I want to stay connected, and I also need to be honest."	Relational honesty boundary	Connection without self-abandonment.

Boundaries support connection because they reduce resentment, guessing, and emotional dishonesty.

Repair conversation guide

Repair is the practice of returning to a relationship with honesty, responsibility, and care after conflict, harm, disconnection, or avoidance. Repair is not self-punishment; repair is accountable reconnection.

Repair Step	Example Language	Clinical Purpose
What happened	"I want to come back to what happened."	Opens the conversation without avoidance or accusation.
What I felt	"I felt embarrassed and defensive."	Names internal experience without making it the other person's fault.
What I did	"I shut down and became dismissive."	Supports ownership of observable behavior.
My impact	"I can see that left you feeling alone."	Acknowledges the other person's experience without defensiveness.
My responsibility	"I am responsible for how I responded."	Keeps accountability focused on behavior, not self-attack.
What I want to do differently	"Next time, I want to slow down instead of withdrawing."	Moves repair toward future practice and change.

A direct request	"Can we talk about this again when we both have time?"	Creates a concrete next step for reconnection.

Values clarification

Values are the beliefs that define what is most important to you. They help guide choices and clarify the kind of person you are practicing becoming.

Values Reflection	Guiding Question
Priority and attention	What matters most to me, and which areas of life need more attention?
Behavior and identity	Does my current behavior match the person I want to become?
Committed action	What is one values-based action I can practice this week?

Social support and connection

Support is not just about how many people you know. It is about whether support feels available, reliable, emotionally safe, and real. Support is not weakness; support is one of the ways people remain resilient.

Distinction	What It Helps You Notice
Being around people vs. feeling connected	Whether contact actually creates emotional safety, belonging, and being known.
Having contacts vs. having support	Whether relationships are available, reliable, and useful during stress.
Being respected vs. being known	The difference between admiration for competence and emotional closeness.
Providing support vs. receiving support	Whether caregiving has become a substitute for direct vulnerability.
Being useful vs. being emotionally supported	The difference between being needed and being cared for.
Looking fine vs. feeling alone	Hidden isolation even when outward functioning appears intact.

Support mapping exercise

A support map helps identify who is currently available for different kinds of support and where support may be thin or over-relied upon.

Type of Support	Examples	Who Provides This?
Emotional support	Listening, empathy, encouragement	
Practical support	Help with tasks, logistics, resources	
Honest feedback	Truth-telling, accountability, perspective	
Shared activity	Friendship, recreation, belonging	
Professional support	Therapy, coaching, medical care, consultation	
Emergency support	Crisis response, urgent help, safety	

Well-being, fulfillment, and protective factors

The group is not only about reducing distress. It is also about building a life with more connection, purpose, resilience, self-respect, and meaning.

Protective Factor	How It Supports Growth
Self-compassion and self-respect	Help members face difficulty without collapse, denial, or self-attack.
Emotional awareness and psychological flexibility	Support the ability to notice internal experience and choose a values-based response.
Meaningful relationships and belonging	Reduce isolation and create a base for support, accountability, and repair.
Values-based action, purpose, and service	Help members build a life oriented toward meaning rather than only symptom reduction.
Healthy routines, resilience, and autonomy	Create structure, recovery, and steadiness during stress or transition.

Maintenance plan

As the group ends, members are encouraged to create a plan for continuing the work by identifying warning signs, practices to continue, support to reach for, realistic commitments, and values-based actions.

Area	Maintenance Focus	Reflection Prompt
Patterns	Notice early warning signs of isolation, people-pleasing, overfunctioning, avoidance, anger, or shutdown.	What warning signs tell me I am slipping back into old patterns?

Practices	Continue emotion naming, direct requests, boundary practice, repair conversations, and values-based action.	Which practice do I want to keep using after group ends?
Support	Identify who to contact for emotional support, honest feedback, practical help, professional care, and crisis support.	Who can I reach out to when I start isolating or overfunctioning?
Commitments	Choose realistic next steps that can be practiced after group ends.	What is one commitment I want to carry forward?
Values	Keep translating insight into small actions that reflect the person I want to become.	What value needs to become visible through my behavior this month?

Client FAQ about group costs

How much does the group cost?

The group costs **$480 total**, paid up front. This comes to **$60 per 90-minute session** for eight sessions.

Is insurance accepted?

No. Insurance is not accepted for this group.

Why is the group paid up front?

Payment up front helps reserve your spot in a small, closed group and supports a shared sense of ownership, engagement, and commitment. Because the group size is limited and new members do not join once the group begins, each person's presence matters. This structure helps members know who they are building trust with week to week, encourages consistent participation, and supports deeper group cohesion over time.

What is included in the cost?

- Eight 90-minute group therapy sessions
- Therapist-led structure and facilitation
- Weekly topics and discussion
- Practical tools for stress, relationships, boundaries, coping, and connection
- A small, closed group format
- Regular opportunities for feedback and reflection

Why might group therapy be worth the cost?

Group therapy offers something different from individual therapy. In addition to therapist support, members can benefit from hearing others' experiences, practicing communication in real time, feeling less alone, and building connection with people navigating similar life pressures.

What if I miss a session?

Because this is a closed group with a reserved spot, missed sessions are still included in the total group fee. If you have a scheduling concern, please discuss it before committing to the group.

Can I join after the group starts?

Usually, no. This is a small, closed group, which means membership is set once the group begins. This helps create consistency, trust, and safety for participants.

Is there a screening process?

Yes. A brief screening questionnaire is required before joining to make sure the group is an appropriate fit.

Interested in joining?

Please contact me through the client portal to ask questions.