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Group Agreement and Participation Guidelines

The following is an outline of group procedures. Please read this information carefully and feel free to raise any questions you have.

Confidentiality

All information disclosed during sessions, including that of minors, is confidential, and may not be revealed by me or anyone without prior written consent by you, EXCEPT where disclosure is either permitted or required by law. Disclosure is mandated under the following circumstances:

1. When client communicates a threat of bodily injury to another person;
2. When the client is suicidal;
3. When there is reasonable suspicion of child abuse or neglect, or abuse to a dependent or elder that has occurred or is likely to occur.

The therapist is bound by confidentiality. It is advised that participants keep information shared in group as confidential. This is so everyone can feel safe. Abiding by confidentiality promotes a safe space for sharing and healing.

Group Sessions

Session time. Two-hour group sessions are based on five people attending. If less than five attend, the group may end early. Also, if more than six attend, the group may run over two hours.

Group Format. The format of the group is part psycho educational, and part one-on-one work with the therapist in front of the group. Sometimes there will be just one-on-one work, depending on attendance. Please be aware that commenting, asking questions or interrupting the one-on-one work is discouraged because it interrupts the process with therapist and client.

Feedback. Giving feedback or asking questions after therapist/client work is completed is ok, as long as the client who has just worked is ok with hearing feedback.

Commitment. No permanent commitment required.

Payment

Payment is due at each session. I accept cash or check for payment.

Benefits

Benefits include (but are not limited to): positive changes in your communication and relationships, an interest in your own growth potential, better relationship with yourself and others, etc. You will learn tools to think and speak rationally.

Risks

The therapeutic process requires effort and change. The process may be disruptive; homework is required for change; the process could be emotionally upsetting, your marriage may end, etc.

Specializations

I am a Transactional Analysis Practitioner and a Certified WANT® Communication Educator. This means I analyze communication and behavior patterns, and also teach effective communication tools and strategies. The tools and strategies are designed to change disruptive emotional speech patterns into loving, rational communications.

Termination

You have the right to end the group at any time. I also have the right to end treatment if I believe you are not benefitting from it, if issues arise that are not my expertise, or for other clinical reasons.

Consent:

By signing below, you are stating you have read and understood this policy statement and any questions have been answered to your satisfaction.

Client Name: (printed): _____ **Date:** _____

Client Signature: _____