

**Multicolor Counseling and Consultation, LLC**  
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*An Independent Practice at Athens Therapy Co-op*  
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### **Group Therapy Participation Agreement and Policies**

Please note the following policies and procedures regarding group participation. If you have questions about any of the following information, feel free to ask for clarification at your intake appointment. Please initial next to the arrows.

#### **Informed Consent**

Group therapy is beneficial for exploring and learning about a variety of issues including relationships, confidence, assertiveness, loneliness, depression, anxiety, grief/loss, and low self-esteem. People who participate in groups have the opportunity to benefit from sharing personal experiences, giving and receiving support/constructive feedback, and experimenting with new interpersonal behaviors. In order for group to work, a safe environment must be created by understanding the expectations all involved.

I agree to be treated by the provider listed above. I understand that my participation in group treatment is voluntary and that I can terminate services at any moment. I also understand that if I am court-mandated to engage in services, my termination of services can affect my legal case.



\_\_\_\_\_ I understand and agree to the information above.

#### **Confidentiality**

We ask that you keep all information discussed in groups confidential. Confidentiality within a group is the shared responsibility of all group members and their leaders. Although a group leader will not disclose client communications or information except as provided by law or in other limited circumstances, group members' communications and information are not protected. Thus, this agreement is an attempt to provide you and your fellow members with as much confidentiality protection as possible. You are required to agree to the terms below:

##### **You Should NOT:**

- Disclose to anyone outside of the group any information that may help to identify another group member. This includes but is not limited to names, physical description, biographical information, and specifics of content of interactions with other group members.

##### **You CAN:**

- Disclose to people the fact that you are a group member and attending this group.
- You may disclose personal information about yourself with respect to your group experience. This includes *your* personal reactions (feelings and thoughts) to *your* group experience, feedback from other members concerning yourself, and any personal information about yourself such as new skills you have learned and changes you have made.



\_\_\_\_\_ I understand and agree to the information above.

