

PORTOBELLO

BEHAVIOURAL HEALTH

Boundaries for Group Therapy Participants

The beneficial impact and cohesiveness of the group process depends on its safety. In order to protect this safety as much as possible, we ask participants to please adhere to the following boundaries:

- Please be prompt for the group, if you know you are going to be late, please let your facilitator know.
- Please refrain from bringing hot drinks, food, chewing gum or vaping. Water is permitted and can be provided.
- Please ensure your phone is switched off or silenced.
- To ensure consistency and group cohesion, please endeavor to attend all groups. We understand that sometimes this isn't possible and ask that you give as much notice as possible if you know you can't attend. You may be charged if less than 48 hours notice is given.
- Confidentiality and anonymity is important and fundamentally creates safety allowing participants to share openly and vulnerably. Please keep what is shared within the group.
- The effectiveness of the group will hinge on the efforts of all participants to try and push themselves to be as honest as possible, taking risks with sharing and being vulnerable.