

918 9 ½ St. NE • Charlottesville, VA 22902
Phone: (434) 962-7495. Fax: 434-979-0410
E-Mail: rfederman1@gmail.com

Expectations Pertaining to Participation in the Adult Bipolar Support Group

I am pleased you have chosen to participate in the bipolar support group being run through my private practice. Expectations pertaining to your group participation are outlined below. Please review the expectations closely, sign page 2 and bring this form with you to your first group meeting.

Confidentiality:

Participants will be sharing very private and personal information about themselves during group. Please do not disclose anything you hear in group to anyone outside of group. Also if you happen to run into a group member outside of group, it's perfectly OK to say hello or whatever else comes naturally. But if you are not alone at the time of the meeting, please don't introduce the group member with any association to group participation. In other words, don't say – this is Rapunzel who belongs to the bipolar support group I attend.

Attendance:

Groups work best when there is consistency of attendance. If you are ill or out of town for business or vacation – that's understandable, and it's likely that everyone will miss a group occasionally. But apart from those kinds of interferences I really encourage you to show up regularly.

Payment for Group:

The fee for the group is \$70 per month. This reserves your place in the group, even if you need to miss a meeting. With two meetings monthly that comes out to \$35.00 per group meeting. Payment should be made in full at the beginning of each month, or at the point you join the group if your first meeting is the second meeting of the month. When a month has been paid in advance but I unexpectedly have to cancel a meeting, the credit for the missed meeting will be applied to your next month's payment. Insurance will not be billed for the support group.

Group Commitment:

I don't expect participants to remain in the group forever. At the same time I would like new members to give the group a chance to work. Sometimes it can take several meetings before you begin to develop some trust and comfort with the other individuals in the group and I encourage you to give the experience an adequate road test.

If a new member decides by the end of the second group that he or she simply does not want to continue forward, that's fully acceptable. If you're in group and clear about the decision, I encourage you to share your choice with the rest of the group. If you have any unused credit at the time you withdraw from group the full credit amount will be refunded to you.

If you have remained beyond two sessions and then at some point decide to withdraw from the group, I would ask that you attend one more group and share that decision with the group at the beginning of the group meeting. This will allow you some time to discuss your decision with the group and to try to reach some closure with other group members.

Signature of Agreement

I have reviewed Dr. Federman's "Expectations Pertaining to Participation in the Bipolar Support Group." I understand the expectations and I agree to abide by them as outlined above.

Printed name

Signature

Date