

Group Telehealth Guidelines and Informed Consent

Confidentiality

1. We ask that everything that is said in group remain confidential and to agree not to reveal others' identities to anyone outside the group.
2. You commit to make sure that the environment where you will be using the app (Zoom) for group teletherapy, remains confidential.
 - a. That means to attempt as much as possible be in a space where your screen can not be seen by others
 - b. Limit the potential for others to hear the conversation (such as using an ear piece/headset), and/or be in a space that will be private so it is unlikely others in your space will accidentally violate the group confidentiality.
 - c. For your own confidentiality, we recommend to change your setting so that only your first name is visible
3. You agree to not record (i.e. screen shot, take picture of, or audio/video recording of) group members in any manner without everyone's expressed permission to you. If you violate this rule will automatically be asked to leave the group.
4. Group co-leaders will help to build a climate of trust, safety, and confidentiality.
 - a. Limits of confidentiality by group co-leaders: Indication of imminent threat of harm to yourself or others, child or elder abuse which may be legally mandated to be reported, or a court subpoena. Co-leaders would speak with you first in such cases.

Attendance and Commitment

1. Your attendance and presence each week will be important for your own learning and others. In other words, your absence may also impact other members. Please make all effort to arrive on time, stay for the duration of the group, and inform the group leaders if you are unable to attend due to illness or emergency.
2. Prior to each group meeting, you will provide the co-facilitators your current location and information in which confidentiality or safety may be compromised. This is to ensure the physical and safety in the space for you and other group members.
3. Please also note that your ability to be part of the group is also subject to the facilitator's ability to practice psychology in the state/location where you are participating in group. If you move to a state outside of our legal ability to practice, we will have you come back for a good bye session with the group and help you get connected to a local provider in your area to get your needs met.

Practice

1. This group is focused on learning and practicing skills. Your intentional efforts and ongoing commitment to practicing the skills will greatly enhance your learning and group experience.

Therapeutic Relationships

1. Everyone agrees to use relationships in the group therapeutically rather than socially.
2. We ask that you also set your Zoom setting to a gallery view vs. a speaker view when asked by your facilitator.

Respect and Sharing

1. You will gain more from this group by actively participating. This can mean sharing your thoughts, feelings, or reactions in group or talking about your practice of a certain skill you are taking away from group. At other times, it may involve actively listening and supporting other group members.
 2. You are in charge of your own sharing in group. It is normal to feel some anxiety as you talk about your personal feelings, thoughts, and experiences with others. Share these difficulties or concerns at a pace that is comfortable for you.
 3. When you have a reaction to something another member says it is helpful to share those feelings in group directly with the person.
 4. Please inform the group leaders if you are crisis. It is important to let the group leaders know if you having thoughts of suicide or start to feel worse in order to ensure your safety and well-being. Please know that if this is the case, depending on the immediacy of your needs, the group facilitator may ask to meet with you privately in a break out room, check in on you after group, or ask you to connect with one of our emergency counselors on duty. By signing this you are agreeing to engage in any one of these options to help ensure your and others safety.
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