



# Progression Counseling Group (A Company of Hillary Schultz Therapy, LLC)

3681 Green Road, Suite 404  
Beachwood, OH 44122  
www.progressioncg.com

Phone: (216) 342-5484  
Fax: (216) 450-1126  
Email: [scheduling@progressioncg.com](mailto:scheduling@progressioncg.com)

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## **GROUP PARTICIPANT AGREEMENT**

You have registered for a group at Progression Counseling Group. Group psychotherapy sessions are 1 hr and facilitated by a licensed clinician. It is your responsibility to confirm whether group psychotherapy is covered by your insurance. Progression Counseling Group will bill your insurance for services, though applicable copayments, coinsurance, and deductible amounts, may apply. The out of pocket group psychotherapy cost for those who are uninsured, not covered by insurance, or do not have group psychotherapy benefits, is \$40/hr. A valid credit card must be kept on file and payments are due and processed automatically, at the time of service.

Participants may register for a group session, up until the second group has occurred. After the second group, registration for the session will be closed. As a registered participant, you are expected to attend all six (6) groups, within the session. If you are unable to attend, we ask that you inform us within 48 hours of the scheduled group. If you miss a group, we ask that you confirm your attendance at the next. If you miss two (2) or more groups, we have the right to cancel your registration for the group session you are attending.

As many groups offered are supportive, educational or skill-building opportunities, participants may have the opportunity to benefit from sharing personal experiences, giving and receiving supportive and constructive feedback, and experiment with new interpersonal behaviors. Thus, a safe environment must be created, and expectations for participants and facilitators must be understood. To ensure a safe environment for personal growth, it is recommended that all participants agree to the following guidelines:

### **I. Confidentiality**

Confidentiality is the shared responsibility of group participants and facilitators. We ask that you keep all information discussed by other participants, confidential. This request means that you may not discuss the identity or identifying information, or share the reactions of any participants with anyone outside of the group/training. You may talk about your own personal reactions, and are even encouraged to do so outside of group, but not about others' identifying information or reactions.

It is important to know that our leaders abide by our limitations of confidentiality including: imminent danger to self and/or others, child/elder abuse, abuse of someone who is cognitively disabled, and threat to national security.

If your participation is in a group/training that is held virtually, you agree your participation will be in a private environment, free from other non registered participants and distractions.

### **II. Attendance**

By registering for this group/training you agree to make a commitment to attend all groups within the session. Participants are expected to arrive on time. If you are running late or have an emergency/illness that prohibits you from coming, we ask that you call the practice at (216)

342-5484, so the facilitator may be informed. Groups/trainings will always start and end on time.

### **III. Active Participation**

If you have registered for a group/training where participation is part of the experience, we hope that you commit to being active and engaged. Participants are not required to talk in groups, but we know that the more you put in, the more benefits you will receive. We will encourage you to talk honestly about your feelings as opposed to sharing details of stories. This, so others have the increased ability to relate.

### **IV. Respect for Human Dignity and Diversity**

No group participant is ever to be humiliated, hazed, or abused in any way. By signing and registering for this group, you agree to avoid this destructive behavior. We encourage members engage in active listening, with the aim of listening for deep understanding as opposed to listening to respond. We will respect others' differences, beliefs, cultures, sexual identities, and all other forms of intersecting identities that comprise who we are as unique individuals and as members of various groups. Rather than re-capitulating a culture of silence, in group we strive to recognize and acknowledge the impact of stereotypes, prejudice, discrimination, oppression, power and privilege as they surface both inside and outside of the group/training environment. The team at the practice are committed to embracing and celebrating diversity in all its richness, and invest in creating a community based on mutual respect, understanding and openness. As a part of each group/training, it is the expectation that participants and facilitators will support each other in the process of self- exploration around issues of diversity and other personal difficulties, challenging our own biases and engaging in courageous dialogues for growth.

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Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name