



Chris Jones Therapy Group contract

Group Guidelines

The groups are built upon the foundation of the DST model and specifically the course offered by Chris Jones Therapy. The group is therefore only appropriate for people who intend to actively engage with this treatment approach and are motivated to do the work required.

- Consistently high attendance is expected from all members.
- Integrity and honesty within the group is a foundational principle and an expectation of all group members.
- Adhering to the treatment plan (CES and IAD) will remain the foundation of all group work.
- We also focus on developing your ability to deal healthily with the post-traumatic reality of the relationship.
- Discussing challenges within the relationship is important, however partner bashing is NOT tolerated.

Intentionality

- The groups will start promptly so please arrive a few minutes early for each session so that you're ready to start.
- Please avoid eating food or drinking alcohol whilst on the group calls.
- Please avoid taking any phone calls during the call unless absolutely necessary.

Confidentiality and Privacy

In addition to the standard therapeutic confidentiality agreement, please take note of the following:

- You must maintain the confidentiality of all members within the group at all times.

- You must ensure that the group sessions are not overheard by anybody else. This means only joining the calls if you're in a private space and using headphones if necessary.
- Nobody else should be viewable on your video during the call, that includes people walking past in the background.

Fees, Billing, and Payments

The cost of the group program is £180 per 4 weeks. Once you've signed up, this will be automatically debited each month. The payment secures your place in the group for that 4 weeks, regardless of whether you attend all of the sessions or not.

If a group session happens to fall on a major holiday, the subscription will be carried over to the next week.

If a group doesn't run for any other reason (i.e. a late cancellation), a refund will be made for that group session (i.e. 25% of the 4-weekly fee).

Cancellation and Leaving the Group

If you want to end your group subscription you must give at least 4 weeks' notice. This gives you an opportunity to leave the group relationally over the period of a few weeks. This is a crucial part of respecting the group and the impact that clients might have had on each other.

Issues and Concerns

All members are expected to treat each other and myself with respect. If I have any concerns about your conduct in the group or your adherence to any of the principles in this document I will endeavour to discuss this with you privately. If this were unable to be resolved, this could result in removal from the group at my discretion.

Additionally, if you have any concerns about the group or myself, please contact me directly in order to discuss them.

Legal issues

Please also note that any therapeutic work I do with you is being undertaken in accordance with UK law and any legal issues would also be processed

through the UK legal system, including if you as the client are based in a different geographical location when the group sessions take place.

I agree to all of the conditions laid out in this group contract.

Client signature:

Date:

Counsellor signature: Chris Jones