

## Virtual Support Group Guidelines and Waiver

To make this group safe, supportive, productive, and the best experience possible for group members, it is important for each member to make a commitment to actively attend the group. In doing so, you get the benefit of yours and others' efforts. Please agree to abide by the following:

### Group Guidelines:

- If you are invited to the group please try your hardest to be available on time. The group format works best if everyone comes at the scheduled time. If you are late, you may miss your call to join the video conference.
- Please remove outside distractions and turn off all cell phones and unrelated electronics.
- Own your feelings and experiences. In support groups the use of "you" may be interpreted as offering advice or an interpretation of someone else's experiences. Stay within the "I" position.
- Remember to share the floor.
- Respect is an integral part of each group. Please respect other's opinions, emotions, and experiences.

### Confidentiality:

- Members should not describe anything discussed in group with others outside of group. You may share with others your own contributions to the discussion, but not what others have shared, or any details about other members, including their names, appearance or any other related personal information.
- I have been advised that Answering TTP Foundation will make every attempt to respect my privacy and boundaries. I understand that Answering TTP Foundation cannot guarantee strict confidentiality.
- I understand that Answering TTP Foundation will use a third party video conferencing solution to facilitate the virtual support group meetings. Although these calls may be encrypted for protection from malicious eavesdropping, Answering TTP Foundation cannot guarantee this. By participating in the call, each member has reviewed and accepted the security of the facilitating platform.
- Members are forbidden from recording group sessions in any way. Personal confidential notes are ok.
- If you see other group members out in public, please be respectful of their boundaries as some people would like to remain anonymous in the community.
- Facilitators are not permitted to share personal contact information
- The group leader cannot reveal information about me without my written permission except where disclosure is required by law:
  - Anyone who indicated they wish to harm themselves or others
  - If there are suspicions of abuse of a minor

- If there are suspected sexual abuse against anyone by a regulated health professional

Self-Care in Emergencies: If at any time I feel like harming myself or injuring another, I will let the group leaders know and or contact my individual therapist or psychiatrist. If I cannot reach them, I will call either 911 or go to the nearest hospital emergency room.