

# **Group Agreements**

## **Guidelines for DBT Skills Group**

- Group members will act kindly and respectfully towards each other, group facilitators and themselves.
- Personal information discussed in group will not be shared or discussed outside of group (including the names of individuals in group).
- Regularly attending sessions will help learn the skills.
- Group members will arrive on time and stay until the end with the exception of personal circumstances.
- Group members will make every attempt to do the assigned reading and suggested exercises outside of group.
- Group members will not discuss behaviours such as self-harm, suicide, abuse or substance use in great detail during group sessions to avoid triggering others.
- Group members will let the group facilitators know if they are feeling triggered and if they need to leave the room to take a break.
- Group members will validate each other, avoid judgments and assume the best about each other.
- Group members will provide helpful and non-critical feedback to one another when asked or when is accepted.
- Group members will avoid side conversations and interruptions when another individual is speaking.

- Group members are encouraged to provide examples from their own experiences, exercises from the workbook, etc. Group members are encouraged to participate though there is no obligation and there is always the option to “pass”.
- Group members will not attempt to engage other members in problem behaviours outside of group.
- Group members will not form sexual or private relationships with others that cannot be discussed in group.
- Group members will not attend group under the influence of drugs or alcohol.

## Group agreement update post-covid

- Mute microphone when not using.
- Please raise your hand if you have a brief question or comment. We'll get to you at an appropriate time.
- Please no side conversations
- Can anyone overhear what is being said (cats and dogs are ok)?
- Advice giving is tricky, if you do it you might find co-leaders stepping in