



Heart-To-Heart Depth Psychotherapy, Wellness & Recovery Services  
***Tools for Living a Balanced and Meaningful Life***

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Therapeutic Process Group Meeting  
Mission Statement, Information & Guidelines

*To offer all participants seeking support a safe and nurturing environment in which to share reciprocally their experiences with others, and to gain insight from one another's experiences, through shared struggles, strengths, and successes.*

1. It takes courage to come to a support group to address your issues, and we understand that if this is your first time, you may be apprehensive. We applaud your courage and willingness to participate.
2. Confidentiality is essential to the safety of the group process. We ask that what is said in this room not be shared outside of the group. However, supervisors and facilitators will have access to group member information, and there are circumstances under which we are mandated to make a report to an outside agency. These circumstances include when there is suspicion that a person intends to harm themselves or another, or when there is suspected abuse or neglect of children, dependent adults, or the elderly.
3. Everyone usually has something to share. We honor that by being aware of the length of time we talk and allowing enough time for everyone to talk.
4. Though silence may elicit discomfort for some, there are times when that silence speaks to the heart; embrace and respect the silence for other group members and for oneself. There can be healing in the silence.
5. Life's difficulties (grief, loss, addiction, mental illness, relationship difficulties, life adjustments, domestic violence, etc.) are often unique for each of us. It is okay to share or not share your feelings and experiences. It is okay to cry and it is alright to laugh. What is important is that we try to be sensitive and supportive of everyone's unique experience and refrain from judgment, criticism, or advice giving.
6. Giving advice is not a function of the group, but sharing personal experiences that have aided you is often helpful. We are here to share and support and not necessarily solve problems. Your sensitivity to other's process is appreciated.
7. Heart-To-Heart Depth Psychotherapy, Wellness & Recovery Services (Heart-To-Heart) strives to meet the needs of its group participants. We care about you as an individual participant; and other individual participants care about you; therefore, if you find you are unable to attend a group, please let the group know by leaving a message at (509) 571-1671 or text (509) 307-0665.
8. Finally, when you decide to no longer participate in the group, please let your facilitator/therapist know and if possible attend one last session to say goodbye to the group members.