

Group Therapy Welcome & Expectations Guide (2025)

GBCC / Oasis

Welcome to the Specialty Care Group Program!

We are delighted you've chosen to participate in group therapy. This guide outlines expectations to support a safe, respectful, and productive group experience—whether in person or via telehealth.

Attendance & Scheduling

- Group sessions are typically 53–60 minutes and held weekly.
- Attend all sessions unless there's an emergency. Notify your group leader in advance if you must miss.
- Repeated absences (3 or more unexcused) may affect continued group participation.
- Confirm your group spot in the patient portal at least 24 hours in advance. Sessions require at least 4 committed participants to run.
- A \$100 missed appointment fee applies to no-shows for confirmed sessions (see your Authorization of Benefits form).

Billing & Insurance

- Insurance benefits are verified prior to starting.
- Copays are due at each session.
- You're responsible for maintaining an active payment method and understanding your coverage.
- Billing questions? Contact our administrative staff by calling 410-760-9079 and selecting the billing department.

Group Guidelines (Applies to All Formats)

Confidentiality

- Everything said in group is confidential.
- Do not share member names or details outside of group.
- Safety concerns override confidentiality—leaders are mandated to act if someone is in danger.

Participation & Privacy (The “Pass Rule”)

- You may opt out of any activity or question.
- Respect others' right to pass; no pressure allowed.
- Sharing increases benefit, but is never forced.

Respect & Safety

- Violence, threats, bullying, gossip, or harassment will result in removal from the group.
- Disruptive behavior, unsafe conduct, or frequent disrespect may lead to discharge.

Relationships

- Romantic or exclusive relationships between members are discouraged to protect group safety and cohesion.

Substance Use

- Participation under the influence of drugs or alcohol is not allowed.
- You will be asked to leave if suspected of being under the influence.

In-Person Group Expectations

- Arrival: Be on time. Late arrivals may disrupt the session.
- Hygiene & Dress: Attend in clean, appropriate clothing.
- Items: Toys/electronics should be left outside unless clinically approved.
- Caregivers:
 - Drop off/pick up on time.
 - Avoid entering sessions unless pre-arranged.
 - Share important updates before or after, not during, group.
- Health: Stay home if sick. Virtual options may be offered if appropriate.

Telehealth Group Expectations

- Platform: Zoom is the primary platform; Google Meet is a backup.
- Technology: Ensure reliable video/audio and a distraction-free device setup.
- Camera Use: Must remain visible (face and upper body) 95% of the time.
- Location:
 - Be in a private space with no other individuals unless pre-approved.
 - You must be located in Maryland (or another pre-approved licensed state) during sessions.
 - No attending from moving vehicles.
- Caregiver Role (for minors):
 - Provide technical/logistical support.

- Ensure a quiet, private setting.
- Limit multitasking or unrelated device use.

Ending Group Participation

- Planned goodbyes are encouraged—announce early in your final session so members can process and support closure.
- Sudden departures without a goodbye may affect other members' experiences.
- The group leader may terminate participation if behavior becomes unsafe or disruptive.

By attending group therapy at GBCC/Oasis, you agree to uphold these expectations and contribute to a safe, collaborative, and confidential therapeutic space.

Participant/Caregiver Signature: _____

Date: _____

Relationship to Participant (if under 18): _____