

Counseling Consent Form for Group Therapy

A **counseling consent form** sample for group therapy ensures participants understand the confidentiality, rules, and expectations involved. It facilitates informed agreement to the therapeutic process and fosters a safe environment. This document is essential for ethical and legal compliance in group counseling settings.

Participant Information

Full Name:

Date of Birth:

Purpose and Nature of Group Therapy

Group therapy is a form of counseling where a small group of individuals meets regularly with one or more therapists to share experiences, offer support, and explore solutions in a safe, confidential environment.

Confidentiality

- Everything shared within the group is confidential.
- Participants agree not to disclose personal information discussed during sessions outside the group.
- Confidentiality may be breached only where required by law (e.g., danger to self or others, abuse).

Group Rules and Expectations

- Respect others' privacy and opinions.
- Punctuality and regular attendance are expected.
- Participation is encouraged, but not forced.
- No violence, intimidation, or discrimination will be tolerated.

Voluntary Participation

Participation in group therapy is voluntary. You may withdraw from the group at any time without penalty. If you decide to discontinue, please inform the facilitator in advance.

Consent

I have read and understand the information provided above. I have had the opportunity to ask questions and agree to participate in group counseling under the stated conditions.

Participant Signature:

Date: