

Group Therapy Counselling Consent Form

This **counselling consent form** sample for group therapy ensures all participants understand their rights and the therapy process. It outlines confidentiality, group rules, and the importance of mutual respect. Using this form helps create a safe and transparent environment for effective group sessions.

Participant Information

Full Name:

Date of Birth:

Contact Number:

Confidentiality and Group Rules

- All discussions within group sessions are confidential. Participants agree not to disclose any information outside the group.
- Respect for all group members is expected at all times.
- Participants should listen actively and allow everyone an opportunity to share.
- No interruptions or side conversations during sessions.
- Attendance and punctuality are important for group cohesion.
- Any form of harassment, discrimination, or aggressive behavior will not be tolerated.

Consent Statement

By signing below, I confirm that I have read and understood the information provided regarding group therapy. I agree to abide by the group rules and understand the limits and expectations around confidentiality. I consent to participate in group counselling sessions.

Participant Signature:

Date: