

### **Group therapy standards of care**

- **Techniques** should be congruent with the group's goals and purposes
- **Group leaders** must recognize their competencies and work only with groups they are trained and experienced to work with; collaborating with an experienced co-leader may reduce potential risks
- **Give potential group members** enough information to make informed choices about participating in the group; this might include discussing the inclusion of emotionally disturbed individuals in the group
- **Adequately screen**, select, and prepare members for the group
- **Keep specific treatment notes** for each group member
- **Use written contracts** for members to comply with group rules regarding harm to other members; contracts will not discharge Tarasoff I or II responsibilities but will document that members' rights and safety were considered
- **When a person poses a threat**, document any intervention and its basis