



*Hope Recovery,
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Groups, Classes & Workshops Guidelines

I am a non-offending survivor of abuse and/or sexual trauma or supportive friend or family member who is at least 18 years of age.

I understand that this support group is primarily to address coping today and how my past abuse impacts me today and are primarily set up to address coping skills, emotions, and daily life. The focus is on working on recovery today and not for graphic discussion of what happened. If I'm not a survivor and am participating in the Supporting Survivors of Trauma support group, I agree with the following guidelines as well.

CONFIDENTIALITY & RESPECT

Confidentiality, Anonymity, and privacy are very important. Group members need to feel they can trust that what is said in the group will not be told to people outside the group. Anonymity means we don't share with others outside the group the names of those in the group or their stories. Specialists or professionals from outside Hope Recovery who may join the group for a particular reason must also maintain this confidentiality. I agree that whatever is said in the group will stay within the group.

I will refrain from evaluating or judging what others say. I will respect the views and opinions of other group members, even when I disagree with them.

Various members may be at different stages of dealing with the effects of their trauma. I will be patient with other group members and will meet them at whatever stage they are in.

Violations of confidentiality will result in removal from this group and possibly from future groups for the protection of all trauma survivors.

I agree to treat each group member with respect, care and compassion, regardless of their faith, progress in recovery or treatment or other differences from myself. I understand that we are all on varying degrees of recovery. If I am having issues with another group member, with a group, or something related to the support group I will speak privately with my group facilitator.

NON-GRAPHIC SHARING

I agree to share in a non-graphic manner. Specific descriptions of the trauma that happened to me could be very triggering to other members. I will be careful to share only what is necessary about my experience for others to understand how it is impacting my life today. If I need to share explicit graphic detailed information of my trauma, I will contact my therapist or physician to address this.

If a discussion is graphic or not appropriate for this group, the group facilitator may interrupt and redirect a discussion. This would be for the safety of the group or to keep the group on topic. If I am struggling with any issues in managing in group or the group facilitator feels something needs addressed, this may be addressed between you privately after group. I understand that for the safety of the group, if I am unable to stay within the guidelines of this group, I may be asked to try this group again in the future.

CHRISTIAN BASED PROGRAMMING

We are a Christian-based support program. Because of that we offer some groups that are specifically Christian-based groups and sharing of our faith and how it impacts our lives and recovery from our trauma is perfectly appropriate. These groups are specifically identified as Christian or Faith based. When we define faith, we are talking about the belief, confidence, or trust in God. Because of our trauma this may mean we struggle with our faith, or because of it, our faith has grown stronger. Hope Recovery believes that God loves us where we are right now – so it's His job to address with us individually where we are or where He wants us to be. I understand that some members may have been hurt by Christians or not be Christians, and when sharing how faith impacts my recovery, I will limit my discussion to my experience whether positive or a struggle, not to evangelize others here. If the group is not identified as a Christian or Faith based group, the groups do not address faith & God as topics of exploration. Deliverance and deliverance ministry discussions are not permitted.

EATING DISORDER & ADDICTION

If participating in one of our eating disorder groups or addiction recovery groups, I agree not to glorify the eating disorder or addiction in any manner. I will refrain from sharing numbers related to weight, calories, number of meals or lack of meals as well as time spent exercising related to the eating disorder, and quantities or specifics about using substances or behaviors. If my eating disorder or addiction is creating safety issues, I agree to discuss this with a professional. Hope Recovery Support Groups and group facilitators are not equipped to deal with physical or mental health crises. I will not eat in group unless the group is designed to eat together at a meal or snack.

SUICIDE & SELF INJURY

If I am having urges to kill myself or to self-harm, I agree to contact my therapist immediately after group, or will leave group and call my therapist or a crisis line immediately if it is so pressing that I am unable to manage it on my own. I will not discuss suicide and self-injury in groups, classes, or workshops. Discussion of suicide and self-injury is off topic and not permitted in our programming unless it is with your individual therapist with our program. Facilitators will interrupt these discussions, and ignoring their redirection on these topics may result in my being removed from Hope Recovery programming for your safety and the safety of the group in general. Facilitators are not trained to assess safety for suicide and self-injury types of discussions.

ATTENDANCE & VIDEO CAMERAS

I agree to be in a private place, sitting down, not driving, or walking around so that I and the other individuals may participate in groups and workshops with the least distraction possible. I agree to have my camera on. Rarely do we approve of individuals having their cameras being off for groups and workshops.

I understand that our support groups are designed for non-offending survivors who are seeking regular support. I will attend regularly (weekly or bi-weekly) and will notify my facilitator(s) for emergency situations or extenuating circumstances if I am unable to attend. Absences of 3 weeks in a row result in removal from group, and consideration of exceptions to this are evaluated on a case by case basis, typically for inpatient, residential or intensive treatment with professional documentation provided.

Smoking and vaping is not permitted during groups and workshops.

I agree that I am participating voluntarily of my own free will.

Last update: May 22nd, 2023