

# CREATING A SAFE AND SUPPORTIVE SPACE FOR ONLINE GROUP THERAPY

To ensure that everyone benefits from our sessions, we ask all participants to follow these simple guidelines:

- **Stay Focused & Present** – For safety, you must not join sessions while driving or (passenger) riding in a moving vehicle.
- **Use Your Name** – Make sure your displayed name matches your real name, first name only, so we can recognize you. If you need help updating it, your therapist can assist.
- **Stable Connection Matters** – A reliable Wi-Fi connection helps keep sessions smooth. Ensure Bluetooth is off unless it's already connected to your device. Be mindful of automatic transfers to other devices.
- **Confidentiality is Key** – Choose a private space where no one else can overhear your session. If others are nearby, wearing headphones is required.
- **Be Aware of Recording Devices** – Check for smart home devices, cameras (Ring, baby monitors, pet cams), or anything else that might unintentionally record or stream your session.
- **Share Your Location for Safety** – At the beginning of each session, privately message the therapist your current address (if not at home). If in a vehicle, provide details like make, color, and partial license plate. This ensures emergency services can reach you if needed.
- **Movement Is Okay, But Keep It Minimal** – Walking on a treadmill or using a stationary bike is fine, but avoid excessive movement or multitasking during sessions.
- **Stay Clear-Headed** – Please refrain from alcohol or substance use during the session.
- **Eating is Okay, But Keep It Considerate** – If you need to eat, turn off your camera while chewing.
- **Breaks Are Allowed** – If you need a quick bathroom break, just send a message to the facilitator before stepping away and turn your camera back on when you return.
- **Keep Your Camera On When Possible** – Seeing each other helps build connection and trust.
- **Mute When Not Speaking** – To reduce background noise, please keep your microphone off until it's your turn to speak.
- **Respect the Flow of Conversation** – Use the “raised hand” emoji to indicate you'd like to share. The facilitator will call on you in turn.
- **Speak for Yourself** – Share from your own experiences and perspectives.
- **Offer Support, Not Advice** – When responding to others, share how their words resonate with you rather than giving direct advice. Personal examples can be powerful.

By following these guidelines, we create a safe, respectful, and engaging space where everyone can participate fully and benefit from the support of the group. Thank you for being part of this community!