<u>Group Participant Rules and Expectations</u>

The Group Environment: Having a safe environment is crucial to the success of the group. This safe environment relies upon the group facilitator(s) and its members. Trust and respect are important within this group. Group members and facilitator(s) should keep the information that is said during group, within the group. Information about what is said in sessions should not leave the room, as this can breach the confidentiality of other group members. Those who impose distractions, demonstrate disrespect towards facilitators and other group members, and/or knowingly break confidentiality, will be reminded of group rules. If changes are not made, group facilitators may ask the group member to leave. Group facilitator(s) will maintain confidentiality within the group unless there has been a disclosure of suicide, sexual assault, and/or harm to others. Group facilitator(s) are required to report these disclosures to the parents and other professionals, per the National Association of Social Workers (NASW).

Attendance: Your attendance is very important. In order to promote close relationships with one another, a group dynamic surrounding members that show up for sessions is critical. Group members are expected to arrive on time for all sessions and remain for the entire duration of sessions. While it is understood that emergencies may arise and members may not be able to make sessions, group facilitators have the right to remove members from the group if they feel that it can hinder the group dynamics and/or success.

Re-Negotiation of Contract: There will be "majority rules" in which decisions will be made regarding the re-negotiation of the contract. Group members must demonstrate an understanding of the set requirements and discuss concerns and/or changes that are desired with group facilitators. Group members are responsible for addressing the group facilitator(s) if they have any questions or concerns about the contract and/or confidentiality.

Group Goals:
By the end of sessions, the group will identify 3 coping mechanisms to address mental health/trauma.
- The group will brainstorm and discuss various coping strategies
- The group will discuss the feasibility of utilizing coping mechanisms in their daily routines

By the end of sessions, the group will demonstrate improved levels of empowerment as measured by the Multicultural Psychological Empowerment Scale for Saudi Women (MPES-SW).
- The group will discuss self-awareness
- The group will define and explore what empowerment is (dimensions of self-efficacy and self-determination) and what it means to them

- The group will brainstorm positive self-affirmations and discuss how to implement them into their daily routines