



141 Discovery Dr. Suite 213 | Bozeman, MT 59718 | gocmt.org

## WELCOME AND CHECKLIST

Welcome! We have seen God use groups in dramatic ways in the lives of others over the years. We trust that you will find this to be a place to make new friends and receive support emotionally and spiritually as you reflect on the *To Be Told* conference and explore Dan Allender's book *To Be Told*. This work will be challenging, thought provoking, and—we believe—life changing!

## FIRST MEETING CHECKLIST

- \_\_\_\_\_ I have purchased and am bringing Dan Allender's book *To Be Told* with me.
- \_\_\_\_\_ I have read the Preface and first two chapters in *To Be Told*.
- \_\_\_\_\_ I have completed the writing assignment and submitted it to [kate@gocmt.org](mailto:kate@gocmt.org) and [hannah@gocmt.org](mailto:hannah@gocmt.org)
- \_\_\_\_\_ I have made a payment of \$550 to my therapists (please refer to payment policy form).

## WELCOME TO GROUP WORK

We have outlined a few things you'll want to consider to make an informed decision before committing to a group:

**The group meets every week for an hour and a half.** Please be prompt and consistent in attendance. You may be asked to discontinue group participation with three or more consecutive absences.

**The fee for the group is \$550.** Participants are asked to pay at the beginning of the group. Payments may be made by cash, check, or major credit card. The fee is kept minimal, as it cannot be submitted to insurance. Please refer to payment policy form. *There will be no refunds made after payment is submitted.*

**You are required to purchase the book *To Be Told* before the group begins.** This is available on Amazon and may also be ordered locally through Barnes and Noble.

**Additional counseling may be necessary.** Due to the nature of the work we will be doing within the group, your group leaders may recommend or require individual therapy for you to continue in group participation.

**Homework.** Where homework is involved (please also see writing assignment), we ask that you please respect others in the group and read the material and/or participate to the best of your ability. All that is asked of you is that you try.

**We strongly encourage you to participate in the discussion.** The depth of conversation and trust within the group will build over time. We understand that vulnerability may be uncomfortable, but we believe it will add great value to your experience.

**Each member is responsible for his/her own emotional health.** You may want to talk further about some aspect of the material/discussion with your professional counselor, a trusted friend, your pastor, a group member or your group leader.

**The principles of respect and confidentiality must be strictly observed, and you will be asked to sign a confidentiality agreement.** When talking with someone other than your counselor, it is important to restrict your comments to your personal reactions, and to keep other members' identities completely confidential. *Please refer to confidentiality form.*

**The circle of confidentiality is extended to the Great Oaks Counseling Center group leaders.** As well, we will have a release form available for you to sign allowing us to work with your individual therapist when necessary and appropriate.

**Your participation is a keystone to the health of your group; therefore we ask that you make attendance a top priority.** No refunds will be issued if a meeting is missed. It is generally understood that if a group member misses three meetings in a row, that member will be asked to discontinue participation with the group.

**Now may *not* be the right time for group work.** If, in the unlikely event your therapist or your leader determines that you have not or cannot faithfully maintain your commitment to the good of the group, it is possible you could be asked to reconsider your involvement in the group.

We hope that this group will be a significant part of your life as you begin this exciting journey and that the weekly meetings are a highlight. If you have any other questions, please feel free to contact us via email at [gusgroup@gocmt.org](mailto:gusgroup@gocmt.org).