

Group Work & Psychoeducation Policy

We offer therapeutic groups, workshops, and psychoeducational services facilitated by members of our counselling team. This policy outlines how we handle confidentiality, data, and group participation to ensure a safe and ethical experience for all participants.

1. Purpose of Group Work

Group sessions provide therapeutic, educational, or supportive spaces that may involve:

- Personal reflection and shared experiences
- Psychoeducation about mental health topics
- Group-based activities or discussions

These groups are not a replacement for individual therapy but can be a powerful support alongside or instead of one-to-one work.

2. Confidentiality in Group Settings

We ask all participants to respect the confidentiality of the group. This means:

- Not sharing other participants' names, stories, or personal information outside of the group
- Respecting others' privacy during and after the group process

Facilitators will also maintain confidentiality in line with professional ethical guidelines. However, there are limits to confidentiality in line with safeguarding and legal requirements. These include:

- Risk of harm to self or others
- Disclosure of abuse or criminal activity
- Court orders or legal obligations

Where possible, you will be informed before any information is shared outside the group setting.

3. Data Collection and Privacy

We collect and store personal data for the purposes of:

- Booking and managing group attendance
- Communicating with participants
- Ensuring safe and appropriate facilitation of groups

This may include your name, contact information, relevant health information, and emergency contact details. This information is stored securely and only accessible to the facilitators and admin staff where relevant.

We do not record group sessions. Notes may be kept by facilitators for supervision and reflective practice, but these will be anonymised wherever possible.

4. Participation Agreements

By joining a group, participants agree to:

- Attend punctually and consistently (where applicable)
- Respect group guidelines and boundaries
- Maintain confidentiality
- Let the facilitator know if they are unable to attend or need to leave the group

Facilitators reserve the right to ask a participant to leave a group if their behaviour compromises the safety or wellbeing of others.

5. Feedback and Evaluation

You may be asked to complete feedback forms at the end of a group or workshop. This is voluntary and helps us improve our services. Any feedback used for marketing or training will be anonymised.

6. Contact and Questions

If you have any questions about how your data is used or about group confidentiality, please contact us via our shared email or speak to your group facilitator.