



## Wholistic Counseling & Therapy Services

Located at:  
The Wholistic Kinesiology Institute  
9809 Candelaria NE,  
Albuquerque, NM 87112  
Center phone (505) 275-9809

Lisa K. Jackson, MA, NCC, LMHC, C-EP  
New Mexico License # 0099761  
*Certified HeartWorks Energy Practitioner*  
*Empathic Healer/Spiritual Advisor*

**Practitioner Confidential Phone:**  
**(505) 417-6744**

### **Group Therapy/Healing Disclosure Addendum**

This statement outlines what you can expect from participating in group healing work; and what you can do to enhance your experience of the group process.

#### **What you need to know:**

Group work is an opportunity to gain needed skills and process your thoughts and feelings in a supportive and encouraging environment among peers. A licensed mental health care professional facilitates all groups; however, group work is not a replacement for medical or mental health care that addresses a serious mental health diagnosis or medical health issue. Group members are individually assessed and selected for group participation based on clients' group readiness, specific healing needs and the groups' offerings. This is done in an effort to provide optimal healing opportunities for all participants and to insure appropriateness of the group setting for clients specific needs. The group will be a minimum of 6 participants and can accommodate a maximum of 10 participants. In some cases, group work may not be an appropriate fit for a client and their specific healing needs. In this case, the practitioner will provide suggestions and make appropriate referrals as needed. The group facilitator will do everything possible to insure the group and individual clients' are a good fit; however, it is the responsibility of each group member to communicate with the facilitator if problems arise before, during, or as a result of participation in group work.

#### **Group members' are expected to:**

- Be responsible for their healing work
- Treat members with dignity and respect
- Treat themselves with patience and acceptance
- Arrive on time
- Not give unsolicited advice to other members
- Notify the facilitator if unable to attend session
- Communicate problems with group or group process with facilitator

#### **What to bring each session:**

- Payment
- Small snack if needed
- Water/other beverage
- Pillows, a blanket, a yoga mat, or other padded seating (for meditation)
- A willing attitude
- A ready heart/mind

**Group fees and payment policy:**

Group fees are \$25 per session (totaling \$200 for 8 sessions) or \$175 prepaid. Payment is due at time of each session or per pre-arrangement. If you miss a session fees for missed session(s) are due at the next session. If you have special financial considerations, it is your responsibility to communicate with the facilitator and make payment arrangements prior to start of group. If the facilitator must cancel group for any reason all participants will be notified in a timely manner by their specified means of contact and arrangements will be made to for a 'make-up group.'

**General structure of group session:**

- Distribute handouts
- Breema practice (new movement weekly)
- Grounding meditation > focused Chakra meditation (new Chakra weekly)
- Journaling/Artwork
- Group process
- Clearing techniques (new technique weekly)
- Closing/Homework (new focus weekly)

I, \_\_\_\_\_, have discussed my healing needs with the group facilitator and am willing to commit to my healing work and attend the eight (8) sessions. I understand if I am unable to attend a session for any reason, I am responsible for notifying the facilitator and for payment of missed sessions. I understand I may prepay for all eight sessions or pay at the time of session weekly. If I am in need of special consideration due to my financial situation, I am responsible for addressing this with the facilitator prior to the start of the group.

Signature: \_\_\_\_\_

Dated: \_\_\_\_\_

**Emergency contact:** \_\_\_\_\_

<b>Name</b>	<b>Relationship to client</b>	<b>Phone</b>
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**Preferred communication: (circle one and provide info below)**

**Email**

**Phone (it is okay to leave messages)**

*yes    no*

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