

## Online Group Information & Working Agreement



The goal of this online recovery group is to help participants stop unwanted addictive and compulsive sexual behaviours and develop healthy life management strategies, in particular relation to online pornography. Although the successful achievement of this cannot be guaranteed, research suggests that active participation in a group committed to recovery is a significant and important component for successful recovery.

This mentoring course is not an alternative to individual or couple psychotherapy and/or twelve step recovery meetings, but it can be used together with these.

Please read the following document carefully and email any questions to Hannah at [Hannah@nakedtruthrecovery.com](mailto:Hannah@nakedtruthrecovery.com)

### Meeting Days and Times

The whole programme comprises eight online meetings. All meetings last for 50 minutes and will start and stop on time.

In addition, a one-to-one post group feedback conversation will happen to consolidate the learning from the programme and consider options for ongoing recovery. We will also use this time as an opportunity to gather your feedback upon completion of the mentoring group.

### Cost and Payment

Naked Truth Recovery is part of Visible Ministries, a charity that works hard to keep their recovery programmes as affordable as possible for all participants. However, we believe that people invest in what they believe in, both in terms of time and finance. Our experience tells us that if this type of support was free, then commitment can be detrimentally affected. Your donation to support our charity is an investment in your own recovery.

**If you haven't already done so,** We ask you to consider making a minimum donation of £10 per session (£80) However, if you are enable, maybe you could 'pass it forward' and become regular supporter of Naked Truth, with a monthly donation of £10+ for 12-24 months?

**Being accepted into the Click to Kick course is not dependent on a donation amount.** Please give what you can afford.

Donations may be set up online via the following link and can be done anonymously:

<https://donorbox.org/click-to-kick-pay-what-you-can>

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## **Confidentiality**

It is important that the online mentoring group is a safe place for all participants and therefore in signing this document you are committing to a strict policy of confidentiality. This commitment to confidentiality extends to our communication with partners, family members and significant others.

Whilst it is understood that partners may wish to know the content of the group, it is only permitted to speak of personal circumstances and other's situations should not be alluded to, even anonymously. Signing this document indicates your agreement to these confidentiality requirements.

It is important to state that there are limitations to confidentiality when working online as it is theoretically possible that computer data could be compromised. Every effort will be made to keep personal data in the strictest of confidence and in accordance with the Data Protection Act of 1998.

The facilitator will maintain strict confidentiality but reserves the right to discuss with an outside consultant, issues connected to individual participants as well as to the group as a whole. The exceptions to confidentiality are those required by law, namely the Terrorism Act, and by our professional associations, namely the prevention of harm to children or acts of violence. This online mentoring group is not suitable for those engaging in sex offending behaviours such as viewing underage (under 18) sexual images, bestiality, exhibitionism, or voyeurism.

Please note that this type of support may not be the most suitable form of help for your own situation. There are many different ways of accessing help and the group facilitator will discuss these with you.

Confidentiality may also be waived if there is an immediate threat to an individual's safety, either as a result of self harm or assault by another or in a situation of domestic violence. In these cases, you will be notified that another emergency agency, such as police or health services, will be notified.

## **Contact between sessions**

Because this type of addictive behaviour so often thrives in isolation, friendship between group members is strongly encouraged. In particular, part of the requirement of this course is that you speak with the group, online, on a weekly basis in addition to the formal mentoring group meeting. We know from experience that this is often an aspect of this work which gets neglected, but it can not be stressed enough how important this mutual support is and you will be asked about your additional meeting during each scheduled facilitated meeting.

## **Respectful Participation**

This online mentoring group operates an equal access, non-discriminatory policy and all participants are welcomed equally. All members are requested to be respectful of race, religion, gender and sexual orientation. Any disrespectful or abusive talk to any of our team or group members will not be tolerated and a group member who chooses such an approach will be asked to leave. We take this approach to ensure that everyone is treated with equal respect and care. We include in this gossip and abuse disguised as 'humour'.

Please think carefully about how you would like to be treated as it is likely to be similar to those ideas of your classmates.

A helpful way to think about this is by agreeing that:

- Each participant is responsible for how much they share.
- Everyone's experience is unique and valuable.
- You should speak only for yourself, always using 'I' statements.
- You can choose not to take part in specific tasks and exercises.
- All members are equally important.

The effectiveness of this programme is dependent on the honest and open participation of its members and the integrity of the group is of paramount importance. Any information that is shared between members that may be deemed to threaten the integrity of the group or an individual's recovery will be managed on a case by case basis. The course organisers retain the right to ask a course member to leave if it is felt ethical to do so. All questions, conflicts or problems within the group, either between group members or with one of the group facilitators, should be raised at the start of the meeting.

### **Full Engagement**

Our sessions require audio and visual input from all members and so it would be best to find a quiet and private place to engage in the session fully. Each session will include feedback about the homework set in the previous week and so please endeavour to make space in your week to complete the homework.

### **Mobile Phones**

Please make sure that mobiles are switched off during group sessions unless using them to engage with the online mentoring group. Personal calls should not be taken during group sessions.

### **Alcohol and Drugs**

Please do not drink any alcohol in the half-day before a session and please do not come to the group under the influence of any other recreational drug. Anyone doing so will be asked to leave and re-engagement with the group will be at the discretion of the facilitators. Decisions of this nature will be made on the basis of health and safety considerations.

### **Course Evaluation**

In order for us to be able to evaluate and improve the effectiveness of our programme we ask all participants to fill in evaluation forms before the course and on completion. Evaluation is totally anonymous and as well as using the information for course development, it may also be used for education and marketing purposes. Signing this working agreement also signifies your consent to participating in these evaluation studies.

## Missed sessions

We ask that you prioritise these weekly meetings. As well as this benefiting you, your classmates need your support and your commitment to attendance, so please do not miss any sessions unless absolutely unavoidable. If a significant proportion of the course is missed, it may be necessary to postpone group work to a later date where full commitment can be made.

If you do need to miss a session, we ask that you notify the facilitator as soon as possible or let the facilitator know well in advance so the necessary information can be shared to maintain pace with the programme.

If you have any questions about the information above please email [hannah@nakedtruthrecovery.com](mailto:hannah@nakedtruthrecovery.com)

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Please fill in the the document below and email this document back to your group facilitator who will be in touch before your first group session. Emailing this form indicates that you have read this document and also acknowledges your acceptance with the terms of this agreement.

I confirm that I have read this information sheet and have raised any queries with the facilitators prior to signing. By signing this form I understand that I am committing to working within the guidelines stated above.

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

Name: (print) \_\_\_\_\_ Date: \_\_\_\_\_