

Jeffrey Bernstein, Ph.D.

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Teen Group Counseling Online Platform Informed Consent Form

I, _____
(Name) (Phone number) (email address)

, agree to adhere to the following norms and expectations of this group:

- I will not discuss anything shared in group with others outside of group.
- I will strive to be on time and remain the entire session.
- I will notify Dr. Jeffrey Bernstein if I am going to miss a session.
- I will attend a minimum of 2 consecutive sessions.
- I will be respectful of others' thoughts, emotions, and behavior.
- I will not use my phone or any device to record the group sessions.
- I understand that the 1-hour group fee is currently \$60.00 per session, payable to Dr Jeffrey Bernstein prior to the beginning of each session.
- I will not engage in romantic relationships with other group members.
- I understand that tele-health can be provided within Pennsylvania.
- I understand that group counseling is not a substitute for individual counseling.

It is essential that members know that whatever they say or how they act in group remains in the group and that members will not discuss these things with anyone outside the group. I understand that this is the best way to create a safe and inclusive space and where members can trust one another. I understand that Dr. Bernstein will break confidentiality under the following circumstances:

- Indications of harm to self or others
- Awareness of harm being done to child, elder, or a person with a disability

In signing this consent form, I indicate that I have carefully read and understand this form and agree to its terms and conditions. I acknowledge that Dr. Jeffrey Bernstein has provided the opportunity to discuss and ask questions about the importance and limits of confidentiality and the expectations of the group.

Member Signature _____ Date _____

Parent Signature _____ Date _____

Jeffrey Bernstein, Ph.D. Signature _____ Date _____

Reference Books by Dr. Jeff

The Anxiety, Depression, & Anger Toolbox for Teens
The Stress Survival Guide for Teens
Mindfulness for Teen Worry
Letting Go of Anger for Teens Therapeutic Card Deck
10 Days to a Less Defiant Child