

MEDA Group Policies

The policies listed below are requirements for participation in a MEDA Group. Failure to adhere to any of these policies may jeopardize a member's ability to participate in the group.

Registration

1. **Group membership is offered on a first come, first serve basis.** Once 10 people have signed up for a particular group, submissions will be added to a waitlist. The first 10 people to register for each group will have a space reserved in the 8 week group cycle.
2. **All prospective group members must attend an assessment at MEDA and be approved by a MEDA clinician to join.** If one year has passed since your assessment, please contact MEDA.
3. **Group members must commit to all 8 group sessions in order to register.** If a group member misses 2 or more group sessions, they risk their ability to participate in the group further. Once payment has been processed, *refunds cannot be offered* for any reason.

General

1. **Punctuality & Attendance:** Please be on time and leave on time. Group members should make every effort to attend each group session barring emergency. Please contact MEDA if you are going to miss group.
2. **Outside Therapy:** All group members must be in consistent, minimum bi-weekly outpatient therapy in order to participate in a MEDA group. Participants must provide the name and contact information for outpatient providers on both online registration and consent forms. Participants are required to notify MEDA staff if they discontinue therapy for any reason, or change providers.
3. **Food & Beverage:** Please refrain from bringing food into group. Non-alcoholic beverages are allowed.
4. **Substance Use:** Please do not come to group under the influence of alcohol or recreational drugs.
5. **Behaviors:** It's okay to share the behaviors you are working on, but please do not mention numbers. Please be very general and recovery-focused in your descriptions of food or behaviors. If you are questioning the appropriateness of a contribution, please check with your group leader in advance.
6. **Outside relationships:** We encourage you to utilize others for support. If you choose to share time outside of group with other members, we ask that you remember it is based on support for recovery. Unless you invite all group members to spend time outside of group, do not discuss outside time inside the group.
7. **MEDA Staff:** If something about group is concerning you, or you are struggling to use group, please be in touch with a group leader or MEDA's Director of Clinical Programming. We want to hear about it!

MEDA Group Guidelines

The guidelines listed below are encouraged when participating in a MEDA Group. If a member consistently struggles to follow a guideline, a conversation with MEDA staff about the member's ability to participate in the group may ensue.

1. **Confidentiality:** Do not discuss what occurs in a MEDA group outside of the group. Remember, if you see someone outside of the group, please be respectful, discreet, and make sure confidentiality remains.
2. **Compassion:** There is no "easy" eating disorder. Everyone's lives have challenges. Speak gently and kindly to your fellow group members. We are all on the same team -Recovery.
3. **Privacy:** Asking someone questions about what they've shared or checking in with a group member is OK, but it's also OK for someone to decline to answer or share more.
4. **Feedback:** Sometimes people are venting, sometimes people want help. Check in with them before offering your advice or ideas.
5. **Balance:** Some folks share more than others, but it's important to make time and space for quieter folks. *And remember, listening is different than just waiting for your turn to speak.*
6. **Checking in:** About half way through the group cycle your group leaders will check in with you to see how the group is going, but you are welcome to give feedback any time.