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”Women and Food” Support Group Policies:

1. Strict confidentiality must be adhered to at all times. The women can share information with others outside the group about their own progress. However, they may not reveal anything that might identify another woman in the group. We do not talk about group members who are not present.
2. Everyone in the group is welcome to participate, and should be prepared to do so to her own level of comfort. If a member does not want to talk about something, or answer a particular question, she has the right to refuse to do so.
3. All individual values and beliefs are honored. A non-judgmental attitude is expected toward one another.
4. Each woman in the group is there to do her own work, in her own timing. Respect for each individual’s healing process is essential. Each woman will take responsibility for herself and for getting the help that she needs.
5. No one member will be permitted to dominate the group. People will be encouraged to share what they have brought and support each other both for their own good and for the good of the group.
6. In order to effectively implement change brought about by group participation, regular, weekly attendance is strongly recommended. (Please see Dr. Shepphird’s patient information handout for cancellation policies related to her practice).
7. The group members should be on time in order to maximize group potential.
8. Group members who arrive under the influence of illicit drugs or alcohol will not be permitted to participate in the group meeting but will be asked to leave.
9. Out of respect for other group members, women are asked to give two weeks notice before terminating their participation with the group, and to say goodbye when they are leaving. This gives the woman leaving a chance to talk about what helped and it allows the group to acknowledge what they have learned from each other.
10. Respect for self and others are necessary for trust and safety. Those who are unwilling to meet these ground rules may be requested to leave the group.