



### Spiritual Life and Counseling Services Collaborative Student Small Group

Format: Drop in, hour long, facilitated discussion of topics initiated by students- coffee provided!

Location: Bobo Spiritual Life Center

Time: Tuesdays at 3:30

Participation: Baylor Students seeking safe and accepting community in which dialogue on difficult issues is facilitated by Spiritual Life and Counseling Staff

Facilitators: Kristen Richardson, MDiv and Emma J. Wood, PsyD

Intake procedure: Sign expectations statement that includes explanation of the non-therapeutic nature of the small group. Sign in for the day.

#### Description:

The Come As You Are small group meeting is an outreach service of Counseling Services in partnership with Spiritual Life, Borderlands. The purpose of the group is to provide a space in which Baylor students desiring a supportive community can meet and dialogue about challenges to “fitting in” or feeling connected, or other pertinent issues. The group requires an openness from participants to issues of diversity as well as a shared value of confidentiality that will assist in creating a safe space to share.

## Expectations of Come as You Are Group Members

1. In order for everyone to express opinions freely, we ask you not to discuss who attended the meeting and what other people said in the meeting with anyone outside of the group (confidentiality). We cannot legally guarantee confidentiality, but it is highly encouraged.
2. Be respectful (take turns talking, be on time, be respectful of different opinions, etc.).
3. This group is not a counseling or therapy group. It is a place where we can learn from each other and discuss issues we are interested in or concerned with. If you are interested in receiving individual or group therapy to address personal concerns, speak with the facilitator from BUCC to find out how to receive these services.
4. If the group is not meeting your needs or expectations, if there are situations in which you don't feel comfortable, or if you have ideas on how to improve the group, the facilitators will be available briefly after each meeting and welcome your feedback.
5. Finally, we hope you enjoy the opportunity we offer you.

I have read and understand the expectations listed above:

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

Date: \_\_\_\_\_