

**Informed Consent  
Community Group – Lewisville**

**Group Goals and Topics**

The Journey To Dream Community Group is for adolescents from age 14 to 18. The purpose of this group is to provide a safe place for group members to share personal experiences and feelings, while focusing on building self-esteem and important life skills such as healthy coping skills, stress management, relationships, boundaries, and communication.

**Group Format**

Groups offer unique opportunities to connect with others who may be going through similar life situations. They allow you to hear other people’s perspectives and to share and connect with others.

The group format will incorporate worksheets/discussions, expressive art activities, and games to assist in learning and practicing new concepts. At times, the group will be structured while at others there will be more opportunity for open discussion and processing.

**Rights and Expectations of Group Members**

This is a voluntary adolescent community group. Those in attendance will be asked to be respectful of other group members and the group facilitator. This expectation includes sharing and listening, as well as maintaining the confidentiality of other group members. Group members are expected to be on time and attend regularly.

**Confidentiality Information**

Discussions within the group and even the fact that students attend group are confidential. In the event that a representative of Journey to Dream believes a student is in danger, physically or emotionally, to themselves or another person, both the student and parent or guardian consent for Journey to Dream to immediately contact the following persons, in addition to any other authority required. We ask that every member of the group agree to this level of confidentiality. Group members agree to keep peers discussions confidential. This is imperative to create trust between members that is critical for a successful group experience.

I \_\_\_\_\_ agree to allow \_\_\_\_\_ to participate in the above  
(Name of parent/guardian) (Name of student)

stated group, and I will respect the confidential nature of what is discussed in group each week.

\_\_\_\_\_  
(Signature of parent/guardian)

\_\_\_\_\_  
Date

I \_\_\_\_\_ have read and understand the above information regarding group expectations and confidentiality. I agree to keep everything said by all group members confidential.

\_\_\_\_\_  
(Signature of student)

\_\_\_\_\_  
Date

\_\_\_\_\_  
(Counselor signature)

\_\_\_\_\_  
Date

### **About Ally / Group Facilitator**

My name is Allyson Schulz, and I hold a MS in Clinical Mental Health Counseling, specializing in child counseling and play therapy, from The University of North Texas. Prior to that, I received a BA in Psychology and minors in Neuroscience and Spanish from Texas A&M University. I am certified as a National Certified Counselor (NCC) through the National Board of Certified Counselors. I am a Licensed Professional Counselor-Intern (supervised under Steven Scott, MA, LPC-S and Holly Lockett, MS, LPC) as approved by the Texas State Board of Examiners of Professional Counselors.

In addition to talk therapy, I am trained and experienced in incorporating play therapy, activity therapy, and art therapy into my work with clients. My approach to counseling focuses on establishing an atmosphere of safety and acceptance, which provides my clients the space to work collaboratively with me towards their goals, positive growth, and overall wellness.

### **About Journey to Dream**

Since 2004, Journey to Dream has positively impacted over 50,000 students through school prevention assemblies, student support groups, youth events, and community outreach. Currently Journey to Dream has programs operating in Lewisville ISD, Carrollton-Farmers Branch ISD, and Dallas ISD. Our mission is to embrace the heart of a generation, to see lives transformed by God, and to inspire young people to abstain from and overcome destructive behaviors. Journey to Dream is a 501(c) (3) nonprofit corporation governed by a Board of Directors and the Executive Director. If you have any questions or concerns regarding this group, please contact Kim Hinkle, Executive Director at (214)738.2989 or kim@journeytodream.com.