



EMPLOYEE ASSISTANCE & COUNSELING CENTER

The University of Alabama at Birmingham

Welcome to the EACC Caregiver Support Group!

We are pleased to have the opportunity to assist you!

Group counseling is a unique relationship in which a group of people who are likely experiencing similar difficulties come together to give and receive help from one another. The EACC desires to create a safe group environment where honest, interpersonal exploration will occur that will benefit all who attend. To create this kind of environment, please read the information below.

Confidentiality

Your EACC group facilitators are bound by law to maintain confidentiality. It is just as important that every group member agrees to uphold the confidentiality of the therapeutic setting as well. Please make note, the limits of confidentiality apply accordingly to the extent of Alabama law.

Attendance

This is an open “drop in” group (members can come and go at any time during the specified time-frame). Also remember, group therapy is most successful (as is any form of therapy) when there is regular attendance on behalf of the participants.

Active Participation

Members of effective groups actively share thoughts, feelings, and reactions during group meetings to increase self-understanding and contribute to the personal growth of others. To support that goal, EACC facilitators will strive to establish and maintain a climate of respect within the group. Please note, group is not the appropriate place to discuss concerns regarding administration.

Structure of Distance/Telehealth Sessions

Group counseling sessions will be held via Zoom the HIPAA compliant video conferencing application. You will need a camera, microphone, computer and/or mobile phone. You are responsible for initiating the connection with EACC group facilitators via the provided Zoom webinar link and password, at the time of your session. There is no additional cost for the software program used.



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Safety/Alternative Counseling Considerations

Group sessions are not designed for emergency situations. If you are in crisis, experiencing thoughts of harming yourself and/or others, you should go immediately to the nearest emergency room, call the Suicide Prevention Hotline @1-800-273-8255, or dial 911.

Limitations of Distance/Telehealth Group Counseling

Due to the lack of visual and verbal cues in the use of distance/telehealth counseling, participants may misinterpret comments made during group. When this occurs, it is important to state your interpretation/understanding of comments, ask for clarification when needed, and to try to be clear with your own comments. It is also important to assume the group facilitators and/or group members have positive regard for all attendees. This will reduce any unnecessary hardship.

Additional limitations of distance/telehealth counseling

- may lack the intimacy and intricacy of in-person interactions.
- may have disruptions in the service and quality of the technology used.
- may not be appropriate if you are having a crisis, acute psychosis, or suicidal or homicidal thoughts.

**For additional information about other
programs visit us at [UAB.EDU/EACC](https://uab.edu/eacc)**

We look forward to working with you!