

Support Group Rules

- Everything said and heard in the group will be treated with respect for the participants' privacy. What is said in the group stays in the group.
- Silence is acceptable. No one needs to say anything she/he does not wish to say. The group is supportive rather than judgmental.
- The group offers respect for individual choices and experiences.
- Only one person talks at a time.
- Turn off all mobile phones and pagers.
- No one is allowed to dominate the conversation.
- Begin and end meetings on time.
- The group is a safe place to share feelings, and to obtain and provide support, information, reassurance and encouragement.
- The group is broadly defined. It is flexible; flowing with the participants' needs and interests, and provides an opportunity to reduce feelings of isolation.
- Thyroid Disease support group is open to all persons struggling with thyroid disease, including family members and others in a supporting role.
- Although the results of going to group can be therapeutic, the group is not meant to replace individual therapy.
- Every effort should be made within the group to resolve conflict arising from or during group interaction.