

Center West Animal Hospital

Pet Loss Support

Group Session Guidelines

1. The purpose of this group is to offer mutual support for the loss of our beloved pets. **This is not group therapy.**
2. It is imperative that **Confidentiality** be a priority for each member to feel safe and trust that what they share will stay in the group.
3. Members agree to be respectful of others and their experiences.
4. Pet loss can trigger previous loss experiences. As a result, there can be a need for specialized professional support beyond our scope in addition to Pet Loss Support. Should more specialized assistance be deemed necessary by the member or facilitator, it would be highly recommended.
5. Members will be at different stages of grieving and healing.
6. The goals of the group are:
 - a. To normalize feelings and help members realize that they are not alone.
 - b. To provide an opportunity to relate to others with shared experiences.
 - c. To identify and work through feelings associated with Pet Loss.
 - d. To arrive at a place of peace with an ability to live life in a healthy and productive manner.
7. Group members will be encouraged to:
 - a. Support one another without judgment as a fellowship.
 - b. Show genuine interest and concern while refraining from interrupting someone while sharing.
 - c. Eliminate all distractions.
Please keep all cell phones off or on silent.
 - d. Allow each person to finish their thoughts before commenting on what is being said.
 - e. Share feelings rather than offer advice.

Bring any concerns about the group, concerns over something said in the group, or conflict between members to the facilitator - Chanda, **immediately after the group**. This allows the group to stay conflict-free and concentrate on helping members heal from the loss of their pets.

I have received a copy of the Group Guidelines and understand that this is not a replacement for therapy. Therefore, by signing this form, I agree to uphold these guidelines as a requirement for participating in the Center West Animal Hospital Support Group.

Print Name

Signature of Member

Date _____

Chanda Joy

Certified Pet Loss and Bereavement Specialist

Certified Grief Coach