LIT PATH
GIVE HOPE

Peer Support Group
Participant Agreement & Group Guidelines

Welcome to Lit Path Peer Support Groups. These groups are designed to offer safe connection, encouragement, shared experience, and recovery-focused support for people affected by CSBD/sex addiction and betrayal trauma. Groups are held separately, with a men's group for those navigating CSBD/sex addiction recovery and a women's group for betrayed partners. This structure is intended to create a safe, focused environment where participants can connect with others who share similar experiences.
Please review these expectations before participating.

1. What This Group Is - and Is Not

Lit Path Peer Support Groups provide community, peer connection, shared experience, encouragement, education, recovery-oriented discussion, and healthy accountability.

These groups are not psychotherapy, group therapy, individual therapy, group coaching, crisis counseling, medical or psychiatric care, a domestic violence intervention program, or a 12-step program. Participation does not create a therapist-client or coach-client relationship with a facilitator.

Peer support should be one part of a broader support or treatment plan. Participants are encouraged to seek qualified professional care and other appropriate recovery resources when needed.

2. Participation, Registration & Membership

- Participants must be at least 18 years old, complete registration, and agree to these guidelines before receiving Zoom access.
- Membership is $19 per month. The fee provides access to the applicable weekly Lit Path peer support group while the membership remains active, subject to program availability and these guidelines.
- Participation is voluntary. You may pass at any time and are never required to share personal details you are not ready to disclose.
- Lit Path may determine that this peer-support setting is not appropriate for a participant's current needs and may recommend other resources or suspend participation when necessary for safety or group integrity.

3. Confidentiality & Privacy

Confidentiality is foundational: who you see here, what you hear here, and what is shared here stays here.

- You may discuss your own experience outside the group, but not another participant's identity, attendance, story, disclosures, or identifying information - including with a spouse or partner.
- No recording, screenshots, photography, screen recording, automated transcription, AI notetakers, or other technology that captures the meeting is permitted.
- Lit Path cannot guarantee that every participant will honor confidentiality. Use discretion when deciding what personal information to share.
- A serious confidentiality breach may result in immediate removal from the program.

4. Virtual Meeting Expectations

- Cameras must remain on during the meeting.
- Join from a private environment. Be alone in the room or use headphones so others cannot hear the meeting, and do not join from a public location where privacy cannot reasonably be maintained.
- Use an appropriate screen name, preferably your first name only, and mute your device when you are not speaking.
- Meeting Arrival Policy:Participants are expected to join each meeting on time, with a 10-minute grace period. To ensure everyone has heard the group guidelines and to minimize disruptions to the conversation, participants

will not be admitted more than 10 minutes after the scheduled start time. Those who arrive late are welcome to join the following week's meeting

5. How We Treat One Another

- Speak from your own experience using "I" statements. Avoid using group time primarily to criticize a spouse, partner, therapist, family member, or another participant.
- Do not fix, diagnose, debate, correct, or tell another participant what they should do. You may share what you have personally experienced or what has helped you.
- Avoid unnecessary graphic or triggering sexual details, disclosure details, names, websites, apps, locations, or other material that could trigger or retraumatize others.
- Respect sharing time. Facilitators may redirect or gently interrupt so everyone has an opportunity to participate.
- Shaming, bullying, harassment, threats, sexual misconduct, discriminatory or degrading comments, personal attacks, partner bashing, religious pressure, and unrelated political debate are not permitted.

6. Contact Outside the Group

Participants may voluntarily connect outside official meetings, including one-to-one conversations or group chats. Lit Path is not a participant in, does not supervise, and does not assume responsibility for relationships or communications that occur outside the official group.

- Do not pressure anyone to exchange contact information, engage in unwanted contact, solicit clients or business, sell products or services, recruit for another program, make romantic or sexual solicitations, or continue contacting someone who has asked you to stop.
- If you experience harassment or inappropriate contact from another member, discontinue the contact and notify Lit Path or a facilitator.

7. Safety, Crisis Support & Emergency Information

Lit Path Peer Support Groups are not crisis services. During registration, Lit Path will collect emergency contact information for use when reasonably necessary under the program's safety procedures.

If you disclose an immediate risk of harm to yourself or another person, a threat involving a child or vulnerable person, or another imminent safety emergency, the facilitator may pause normal group activity and follow Lit Path's crisis-response procedures, which may include contacting emergency services or other appropriate resources when warranted.

If you are experiencing domestic violence or an unsafe/violent relationship, the group is not a substitute for specialized domestic-violence services or professional support.

If you have a concern about another participant, a facilitator, confidentiality, inappropriate contact, safety, or any aspect of the program, please contact Lit Path or submit our confidential **Participant Concern/Complaint Form.** Concerns will be reviewed by the appropriate Lit Path program administrator.

8. Facilitator Authority & Program Participation

Facilitators are responsible for protecting the safety and usefulness of the group. They may give reminders, redirect conversation, mute a participant, use a breakout room when appropriate and properly staffed, remove someone from a meeting, or refer a concern to Lit Path for review.

Threatening behavior, harassment, sexual misconduct, recording, serious confidentiality breaches, intentionally triggering sharing, repeated refusal to follow facilitator direction, or other significant safety concerns may result in immediate removal or temporary or permanent suspension from the program.

Electronic Acknowledgment

By selecting the acknowledgment checkbox during registration, I confirm that I have read and understand this Participant Agreement & Group Guidelines. I understand the nature and limitations of peer support, the $19 monthly membership fee, confidentiality and privacy expectations, cameras-on requirement, group conduct standards, outside-contact boundaries, and Lit Path's safety and intervention procedures. I agree to follow these guidelines as a condition of participation.