



a different kind of adoption organization  
*servicing adopted children of color and their families*

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## Guidelines for Pact Support Groups

Welcome! If you are personally impacted by the intersection of adoption and race, Pact's peer support groups can be a valuable way for you to process your experiences, connect with others who can relate, get practical insights, and reduce any feelings of isolation or stigma, hopefully leading to personal growth and positive changes. Pact support groups are not group therapy, but we hope they will bring lasting positive change to your life.

- **Facilitator Role:** The facilitator of each group is also a member of the constituency being served by the group. The facilitator creates a safe and welcoming place for participants to share challenges as well as find community and support, plans the agenda for the group and moderates the discussion as needed.
- **Online Participation:** Pact support groups meet online via Zoom or other video conferencing platforms. We ask that you turn on your camera as well as your microphone, if possible, to create a sense of community, even if you cannot keep it on for the entire call. Include your name and pronouns on your profile.
- **Confidentiality:** In order to create a safe space, we require all participants to honor the confidentiality of the group. By attending, you agree that personal sharing will be kept strictly confidential; you will not talk about or communicate the names, identifying information, or specifics of shared content beyond the confines of the group itself. You will use earphones/buds if there are others in your space, including family members, who could overhear other participants' comments.
- **Dual Relationship Policy:** Recognizing that some adoption constellation members are also licensed mental health providers, who must abide by a professional code of ethics to avoid unnecessary dual relationships with clients, Pact has the following policy:
  - Therapists must remove themselves from any Pact peer support group meeting where a former or current client is also in attendance or plans to be in attendance.
  - This policy is not governed by whether the current/former client is "willing" to have their therapist present. Due to the inherent power differential between therapists and clients, it is not appropriate for a client to have to decide whether or not their therapist can attend.
  - Pact reserves the right to decline peer support group services to any therapist who does not abide by this policy.
- **Additional Support:** Adoption can be a very emotional topic, and coming to a peer support group to talk about adoption can stir things up. Usually, people who seek out peer support groups are struggling with some aspect of their adoption experience or story, and may be in very different stages of exploring their feelings about the impact of adoption on their own lives or that of others. As needed, we encourage you to talk to the facilitator about accessing additional resources to support your well-being and/or that of another participant.

If you have any questions or concerns, please contact [support@pactadopt.org](mailto:support@pactadopt.org)