



Stress-Busting Program for Family Caregivers™ of People with Dementia

Agreement for Group Facilitators

The Stress-Busting Program (SBP) is designed to help meet the needs of family caregivers by giving them tools to assist in coping with the stressors of caregiving, and thus enhancing their quality of life. The three core components of the dissemination of this program are 1) the material in the SBP handbook and facilitators' manual, 2) the role of the facilitators, and 3) the nurturing of caregivers.

By accepting the role as a group facilitator of the SBP, I acknowledge that:

1. If I facilitate groups as a part of my current employment, my employer has agreed to allow me adequate time to fulfill my responsibilities as a SBP group facilitator.
2. I agree to adhere to the fidelity of the program's core principles.
3. I will be true to the content in the handbook and facilitators' manual (will not add or delete any material), but that I have some flexibility in how I engage the caregivers to assimilate this material.
4. As a facilitator, I will be prepared for group sessions and appropriately use the material of the program.
5. I will always nurture the caregivers, and may do so in my own unique way as long as I do not violate the precepts of the SBP.
6. I will contact my Master Trainer for any questions concerning fidelity.
7. Each group is to be facilitated by two certified group facilitators, and (preferably) a designated backup facilitator is identified and attends the first group session.
8. I understand that the SBP materials are for my use only and are copyrighted, and that I will not reproduce or distribute them without written authorization.
9. I must co-facilitate at least one group per year in order to keep my certification current.

If at any time I am unable to fulfill the requirements listed above, I will notify my Master Trainer and resign my position as a group facilitator.

Printed name

Date

Signature