
ROGERS FAMILY & SELF-CENTERED THERAPIES

"IT'S ALL ABOUT YOU, YOUR SELF & WHY. FROM YOUR POINT OF YOU."

TIMOTHY ROGERS, MA, LMFT

LICENSED PSYCHOTHERAPIST MFC101500

16133 VENTURA BLVD., ENCINO, CA 91436 (424) 239-8495

**GROUP RULES & AGREEMENT CONTRACT FOR
CONFIDENTIALITY**



THIS AGREEMENT IS A CONTRACT FOR **CONFIDENTIALITY** AMONGST THE MEMBERS OF THE GROUP FACILITATED BY TIMOTHY ROGERS, M.A., LMFT (MFC101500) & ANY CLINICAL STAFF MEMBERS OF ROGERS FAMILY & SELF-CENTERED THERAPIES, INC.

- **EACH MEMBER OF THE GROUP ACKNOWLEDGES THE NEED TO KEEP PERSONAL INFORMATION SHARED IN THE GROUP PRIVATE.**
- **ANY INFORMATION SHARED BY A GROUP MEMBER WITH THE GROUP ABOUT HIMSELF SHOULD BE CONSIDERED PERSONAL AND PRIVATE INFORMATION.**
- **IN ORDER TO BECOME A GROUP MEMBER AND MAINTAIN MEMBERSHIP, EACH MEMBER MUST AGREE TO PROTECT THIS PRIVATE INFORMATION GATHERED ABOUT OTHER MEMBERS OF THE GROUP CANNOT BE SHARED WITH ANYONE ELSE.**
- **WE ASK THAT YOU DO NOT DISCUSS ANY INFORMATION SHARED BY ANOTHER MEMBER OF THE GROUP, EVEN WHEN YOU ARE GETTING TOGETHER WITH A DIFFERENT MEMBER OF THE GROUP.**
- **PLEASE TRY WHENEVER SHARING IN THE GROUP TO MAKE "I" STATEMENTS. THIS KEEPS THE FOCUS OF THE SHARE ON YOU AND NOT ON ANOTHER.**

***"YOU DON'T HAVE TO BE HOPEFUL ABOUT THE FUTURE.
IT'S ENOUGH JUST TO BE CURIOUS ABOUT WHAT IS COMING."***

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ADDITIONALLY, IF GROUP THERAPY IS TO BE EFFECTIVE, YOUR COMMITMENT TO THE FOLLOWING IS ESSENTIAL:

- **THE FIRST GROUP IS ON MONDAY JULY 1, 2019**
- **WE MEET ONCE PER WEEK THE GROUP WILL BE 90 MINUTES**
- **I ENCOURAGE ALL GROUP MEMBERS TO ATTEND ALL SCHEDULED MEETINGS OF THE GROUP. IT IS IMPORTANT TO BE ON TIME. PLEASE BE READY FOR GROUP TO START PROMPTLY AT 7P THE GROUP WILL CONCLUDE AT 8:30P**
- **THE FEE FOR THE GROUP IS \$50 PER SESSION (OR \$400 UP FRONT) PAYABLE EACH GROUP BY CASH, CHECK, OR CREDIT CARD (MASTERCARD, VISA).IF YOU ARE GOING TO MISS A SESSION, PLEASE LET TIM KNOW. HIS CONTACT NUMBER IS (424) 239-8495.**
- **GROUP SESSIONS ARE CONFIDENTIAL. MEMBERS AND FACILITATORS ARE BOUND ETHICALLY AND LEGALLY NOT TO DISCLOSE THE CONTENTS OF THE SESSIONS IN ANY WAY THAT COULD IDENTIFY MEMBERS OF THE GROUP. REMEMBER, WE ARE BUILDING TRUST AND SAFETY.**
- **IF YOU SHOULD DECIDE NOT TO CONTINUE IN THE GROUP,I ASK THAT YOU COME TO THE GROUP TO ESTABLISH CLOSURE.**
- **INTERACTIONS BETWEEN MEMBERS OUTSIDE THE GROUP CAN AFFECT RELATIONS INSIDE THE GROUP; THEREFORE WE ASK THAT YOU DISCUSS THESE INTERACTIONS, IF THEY OCCUR, IN THE GROUP.**
- **PLEASE LET ME KNOW IF YOU HAVE QUESTIONS, COMMENTS OR SUGGESTIONS, I WELCOME YOUR FEEDBACK.WE LOOK FORWARD TO HAVING A GREAT GROUP EXPERIENCE.**

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HOW & WHAT TO DO DURING EACH GROUP

- SPEAK YOUR OWN TRUTH,
- SPEAK FROM PERSONAL EXPERIENCE,
- SPEAK AND LISTEN FROM YOUR HEART,
- NO INTERRUPTIONS WHILE ANOTHER IS SPEAKING,
- EACH MAN HAS AN OPPORTUNITY TO SPEAK BEFORE ANYONE SPEAKS A SECOND TIME (EVEN IF IT'S TO SAY THAT HE PASSES),
- LET FEELINGS BE, DON'T RESCUE ONE ANOTHER, END WHEN IT FEELS LIKE EVERYONE HAS HAD THEIR SAY, AND LAST BUT NOT LEAST,
- KEEP IT BRIEF AND TO THE POINT.

SPEAK YOUR TRUTH.

BE WILLING TO FACE CONFLICT & SHADOW

THIS CAN BE THE TOUGHEST GUIDELINE TO FOLLOW AND IS PERHAPS OUR GREATEST GIFT TO ONE ANOTHER. THIS ESPECIALLY INCLUDES NEGATIVE JUDGMENTS AND FEELINGS ONE GROUP MEMBER HAS TOWARD ANOTHER.

EVERYONE IS RESPONSIBLE FOR EXPRESSING CONFLICTS OPENLY AND DIRECTLY. AS PREVIOUSLY STATED, IT HELPS TO MAKE "I" STATEMENTS BUT THAT RULE SOMETIMES GETS TOSSED OUT IN THE HEAT OF THE MOMENT. SO WE HAVE TO BE WILLING TO APOLOGIZE AND ADMIT MISTAKES WHEN WE GO OVER THE LINE INTO SHAME OR BLAME.

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AS MEN WE ARE TRAINED TO DRAW AWAY FROM ANOTHER MAN'S UNCOMFORTABLE TRUTHS AND PAIN, TO AVOID VULNERABLE OR EMBARRASSING FEELINGS THAT MIGHT COME UP, OR TO USE THE DISCOMFORT TO OUR ADVANTAGE WHEN DEALING WITH A COMPETITOR. ONLY BY STAYING PRESENT AND BEING COURAGEOUS CAN WE CONTINUE TO DRAW OUR ATTENTION TO WHAT IS REALLY GOING ON.

WE ALL AGREE TO HANG IN THERE WHEN THE GOING GETS TOUGH AND TO SUPPORT ONE ANOTHER THROUGH THESE DIFFICULT TIMES. FORTUNATELY, THIS GUIDELINE GETS EASIER OVER TIME AS WE LEARN TO TRUST THE PROCESS. NO GROUP WILL LAST WITHOUT BEING ABLE TO HANDLE CONFLICT.

THE CONTINUED PARTICIPATION BY EACH PERSON IS VOLUNTARY. EITHER PARTICIPANT MAY SUSPEND OR TERMINATE THE THERAPY AT HIS INDIVIDUAL REQUEST.

LIKewise, AS THERAPIST I MAY FIND IT CLINICALLY NECESSARY TO TERMINATE THE WORK OF GROUP THERAPY, HOWEVER A COMMITMENT TO DISCUSS THOSE CLINICAL REASONS WILL BE MADE BY ME SHOULD THE NEED ARISE.

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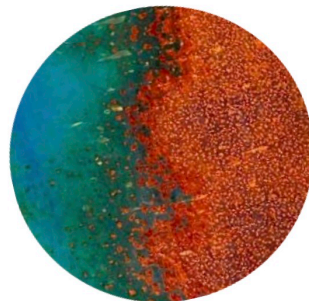
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I CERTIFY BY MY SIGNATURE BELOW THAT I HAVE READ, FULLY UNDERSTAND, AND AGREE TO ABIDE BY THE STATED GROUP POLICIES OF TIMOTHY ROGERS, MA, LMFT AND ROGERS FAMILY & SELF-CENTERED THERAPIES, A CORPORATION.

GROUP MEMBER PRINTED NAME

DATE

YOUR SIGNATURE



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