

POLICIES: MEN'S PROCESS AND SUPPORT GROUP

Goals:

1. Establish, maintain and deepen close relationships with friends, families and partners.
2. Increase understanding of relationship issues particularly pertinent to men.
3. Increase self-understanding of issues obstructing satisfying relationships with others.

Framework:

1. Meetings or encounters outside of group (including before or after group meetings) that cover group material or build relationship/intimacy are best disclosed to the group to avoid forming unspoken alliances, hostilities or insecurities that confuse group dynamics.
2. If new to group, urge yourself to stay with the group and ignore inclination to give up therapy by making commitment of at least twelve sessions before attempting to evaluate.
3. If longer-term member, after announcing intention to leave group, commit to four additional group sessions to allow full processing by self and other group members.
4. Make a commitment to group by limiting cancellations and arriving on time.
5. Confidentiality, or "what's said in the group stays in the group".

Payment Issues:

1. Cancellations for any reason, including business/work, vacations/trips, family responsibilities are to paid as expected (except for illness)
2. Sabbaticals or longer absences and payment are negotiable at my discretion, though typically all or some payment is expected while member's slot in the group is held.
3. Cancellations due to observance of religious holidays, illness of yourself or a dependent's illness are not charged.
4. Group can be cancelled by me at any time due to illness or absence, though I will strive to give advance notice.
5. Groups will occur on some holidays occurring on Monday's, particularly: Presidents' Day, Columbus Day, Veterans Day, and Halloween. I typically observe Martin Luther King Day, Memorial Day, Fourth of July, Labor Day, Christmas and New Year's Day.

Desirable Group Activities:

1. Group interaction and involvement.
2. Non judgmental acceptance of others.
3. Honesty and self-disclosure.
4. Free expression and articulation of feelings.
5. Desire for self-understanding and eagerness for change.
6. A responsibility to continue communication despite potential discomfort and/or anxiety.