

## **POLICIES: MEN'S PROCESS AND SUPPORT GROUP – September 2022**

### **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. Clients who miss more than 6 sessions a year may at my discretion be asked to leave the group.
5. Confidentiality, or “what’s said in the group stays in the group” is a critical group value. If describing your experience in group to others, please conceal personal details of other members

### **Payment Issues:**

1. Cancellations for any reason, including business/work, vacations/trips, family responsibilities are to paid as expected.
2. Cancellations due to illness of yourself or a dependent, or emergency childcare responsibilities are not charged. Religious holidays that require your absence are not charged.
3. I typically keep on file (encrypted and secure) group members’ credit cards and bill once at the end of each month following my email describing the monthly charges.

## **Scheduling Issues**

1. 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.
2. Group can be cancelled by me at any time due to illness or absence, though I will strive to give advance notice.
3. Groups will occur on some holidays occurring on Mondays, 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. Practice openness, honesty, emotional risk, and vulnerability.
2. Suspend judgment and increase acceptance and goodwill towards others.
3. Address in the moment conflict and feelings of tension in yourself or others.
4. Check "fixing" and advice unless asked for.
5. Speak from your heart, emotions, and somatic experience.
6. Cultivate a desire for self-understanding and eagerness for change.
7. Hold a responsibility to continue communication despite potential discomfort and/or anxiety.
8. Listen to others from a place of wondering and curiosity.
9. Expect and accept that difficult interactions and feelings may not immediately resolved.