

Roberta Tsukahara, Ph.D., P.A.

GROUP RULES & GUIDELINES

“Life 101 & College”

The purpose of the “Life 101 & College” program is to develop coping strategies and study habits that will enhance academic performance. Members of the group are 18 to 24 years of age, are currently enrolled in an academic institution, and either have a diagnosis of AD/HD or have similar difficulties with executive functions. Individuals entering this ten-week program acknowledge that they are freely choosing to participate and do not believe they have been unduly pressured into participating by a parent, teacher, or other well-meaning person. The following information provides details on *Group Rules and Guidelines* that apply to all members of the “Life 101 & College” group. Please read them carefully.

- **Confidentiality** – Please protect your fellow group members by not disclosing their identity or other personal information without their permission.
- **Materials** – Your notebook is the result of many years of work and is not intended for those who have not participated in the group. **PLEASE** do NOT make copies. *If you lose your notebook, there is a \$25 charge to replace it.*
- **Fees** – A 10% deposit has held your place in the group. The remaining balance of the program fee is due at the end of the first session.
- **Schedule** – Meetings are held for 1.5 hours at the agreed upon day and time. Dr. Tsukahara makes every effort to begin and end promptly. Unless otherwise announced, meetings are scheduled for 10 consecutive weeks. See “Agenda” for details.
- **Attendance** – Please call if you are going to miss a meeting. You may want to schedule an individual, 50-minute make-up session to cover missed materials. The first make-up session is billed at one-half of the standard individual therapy fee (50% discount). Additional make-up sessions are billed at the full individual therapy fee. Call the front office to schedule a make-up session (50 minutes).
- **Homework** – While doing the assignments is strongly encouraged, this is one of the few places where not doing the assignments is viewed as an opportunity for learning. Plan to come each week, whether or not you have done the “homework”.
- **Food & Snacks** – Feel free to bring these into group, but please remember that we are guests in Dr. Hauser’s office.
- **Front Door** – If meetings are scheduled outside of regular business hours, the front door may be locked. In that event, come to the side door and **knock loudly** so we can let you in.

By signing the attached *Group Consent Form*, you are agreeing to abide by the rules and guidelines outlined above. If you have any questions, please discuss them with me before signing the attached *Consent Form*.

Consent to Treatment: Group Consent Form

Please read the following before signing below:

- In signing this *Group Consent to Treatment*, I acknowledge that I am 18 years of age or over and have not been declared incompetent by a court of law.
- I have read and understood the information contained in the *Rules and Guidelines*.
- I voluntarily consent to participate in the group and to abide by the *Rules and Guidelines*.

Client:

Psychologist:

Roberta Tsukahara, Ph.D., P.A.

(Printed Name)

(Signature)

(Date)

(Dr.'s Signature)

(Date)

I acknowledge that I have received a copy of the information contained in the *Rules and Guidelines Form*.

(_____)

Client's Initials