

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

GROUP RULES & GUIDELINES

“Women with ADD”

Except in special cases, all members of the “Women with ADD Group” have completed the Life 101 program, and have AD/HD or similar difficulties. This is an advanced group that builds on skills learned in the “Life 101” program, but it differs from that group in significant ways. In addition to solidifying and building on knowledge acquired in “Life 101”, the group provides opportunities to focus on issues of unique concern to women (e.g., hormones and ADD). The group also assists in developing interpersonal skills and gaining insight into one’s personality through “process group therapy”. In a process group, members are encouraged to give feedback to one another on how behaviors impact others so that members can learn about various aspects of themselves, not just their ADD. While content of conversations is important, understanding the process of the communications (e.g., nonverbals) is also therapeutic.

In order to become a member of the “Women with ADD Group”, one must agree with the following *Group Rules and Guidelines*:

- **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 101 groups. **PLEASE** do NOT make copies. *If you lose your notebook, there is a \$25 charge to replace it.*
- **Fees** – The current fee is \$50 per session.
- **Payment of Fees** – You may pay weekly by cash, check or credit card (Master Card or Visa). You may also pay monthly in advance if that is easier for you. Please keep in mind that there is a small (~2%) fee for using credit cards.
- **Schedule** – Meetings are for 1.5 hours. I make every effort to begin and end promptly. Unless we have arranged for a holiday break, we meet weekly.
- **Attendance** – Please call if you are going to miss a meeting. You are expected to pay for all missed sessions except for medical or family emergencies. Absences for vacations are discussed on a case-by-case basis. Generally, absences planned in advance, with notification to the group and Dr. Tsukahara, are not charged.
- **Contact Outside the Group** – Many process therapy groups forbid contact with other members outside the group. Although there are very good reasons for doing this, it is my belief that contact outside the group is not necessarily detrimental to the process of the group as long as those contacts are shared with the group. It is, however, strongly urged that the group process not be carried into the parking lot. Conversations regarding the group are expected to cease at the end of the session. Any concerns regarding the group should be processed by the entire group.
- **Leaving the Group** – Although you are free to drop out of the group at anytime, please keep in mind that you will be expected to meet for at least three (3) final sessions so that you and the group members can process this decision. Missing any of the three termination sessions incurs a per session charge.
- **Food & Snacks** – Feel free to bring these into group, but please remember that we are guests in Dr. Hauser’s office.

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

8/25/2006

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