Team Rules

1. Confidentiality

Anything said between any two or more team members at any time is part of the team and is confidential. I understand that everything said in team is confidential. I agree to keep secret the names of other members of the team and what is said in the team. I shall keep secret anything which occurs between or among team members. I understand that there is an exception to this confidentiality which applies to the team leader. If the team leader believes that someone is in danger, the leader has a professional obligation to take direct action in order to keep everyone safe. I realize that there is a risk of loss of confidentiality outside the control of the team leader. I agree that I cannot hold the team leader or SOPCC liable for a loss of confidentiality caused by other team members or other means outside of the team leader's control. Additionally, I have read and agreed to all the terms contained in the team leader's disclosure.

I agree not to keep secret from the team anything which occurs within the team. Anything which occurs between or among any members is part of the team is kept secret from anyone outside of the team, but is not kept secret from the team. This also applies to any individual meetings you may have with a team leader about the team or team members (this does not include private individual therapy with the team leader, though in this case the team leader will ask the team member not to discuss the team in individual therapy).

2. Privacy (The Stop Rule)

No team member is ever required to answer any question, to participate in any activity, or to tell anything. If I am asked questions or asked to participate in an activity which makes me feel uncomfortable, I understand that I have the right to pass, that is, the right to refuse. I agree that will never pressure other team members to participate in any discussion or activity after the member has passed or refused. I understand that the team leader is obliged to protect this right. I also understand that I will benefit more from team the more I am able to take risks in sharing and participating.

3. Dignity

No team member is ever humiliated, hazed, or abused in any way. I agree to avoid this destructive behavior.

4. Violence or intimidation

Violence or intimidation toward other team members is never tolerated. I understand that I must never be violent or intimidating toward other team members and that if I threaten to harm persons or property I will be asked to leave the team.

5. Alcohol and Other Drugs

Team members cannot participate in the team under the influence of alcohol or other mind altering drugs. When under the influence of chemicals, persons do not have access to their emotions and have less control over their behavior. I understand that if the leader believes that I am under the influence of alcohol or other drugs, I will be asked to leave the team.

6. Exclusive relationships/friendships

Exclusive relationships between or among team members are not a good idea. The relationships can make other team members feel left out. Since anything which occurs between or among team members is part of the team, members who are dating or in very exclusive relationships may be embarrassed when their intimate moments are discussed in the team.

7. Gossip

Gossip and secret grudges can be very destructive in a team. I agree that if I have something to say to another team member, I will try to say it to the member directly rather than talk about him/ her behind his/her back.

Anxiety and Depression DBT Team

Team Leader Kenneth Smith, MS, MA, LPC

Spirit of Peace Clinical Counseling (SOPCC), Columbus, Ohio

8. Attendance

<u>I agree that I will attend every meeting and get there on time</u> unless an emergency arises. If an emergency should arise I will notify the team leader prior to the meeting to tell him or her that I will be unable to attend. <u>I understand that the team leader will tell the team what has happened.</u> I understand that if I have two absences, my continued team membership will be discussed. Additionally, I understand that if I miss a meeting or stop coming (barring truly extraordinary occurrences, to be discussed with the team leader), I will still be charged the team session fee/can get no refund of fees already paid.

The team leader will make sure that all meetings start and end on time. Meetings are 700PM-830PM at 4041 N. High Street, Columbus, Oh 43214 on the following 2017 dates:

Oct 18, 25,

Nov 1, 8, 15, 22, 29

Dec 6, 13, 2

9. Internet Connectivity

If desired by the team, an exclusive team online forum can be created. If an online forum is formed, the forum should limited to the team members. Of course, the same cautionary notes apply to the internet communications in terms of both confidentiality and inter-team sharing.

10. Responsibilities of the Team Leader

I understand that it is the team leader's responsibility to enforce these procedures and guidelines. The team may, when it wishes, propose other procedures and guidelines which will be up to the team to monitor. I understand that if I violate any of the team rules, I could be removed from the team at the discretion of the team leader and shall be charged/forfeit all team fees.

11. Termination

As this is a short-term psychoeducation and skills development team, participation in the team ends after the last meeting. Sometimes it is necessary for a team member to leave the team unexpectedly. This can cause team members to wonder if they have harmed the leaving member. I promise that if I must leave the team unexpectedly, I will come to a last team meeting and tell the members that I am leaving and say goodbye. I agree to announce this at the beginning of the last meeting so that the team has time to ask questions and say goodbye. If I decide to leave the team the team members may express their concerns but also respect the decision of the person wishing to leave.

I have read the procedures and guidelines for team and agree to be bound by them while I am a member of the team and after I leave the team.

Print Team Member Name Team Member Signature Date

I promise to faithfully enforce procedures and guidelines for this team.

Kenneth Smith, LPC Team Leader 614.209.0428

Date