

Men's Group guidelines

1. Confidentiality and safety: What is said within the group time remains within the group. Whatever transpires outside of the group between any group members needs to come back to the group so that there are no secrets.
2. For the integrity of the group, as well as your own growth, think about this as a long term (6 months +) commitment.
3. Sign up for 6 sessions initially, and give 2 sessions notice if you're leaving. So, by session number four, you can let us know if you are committing for 6 months + or not.
4. You will get a week's notice about a new member starting. New members are "screened" before starting in the group.
5. Give a "temperature" at the start of the group to let us know if you want time to talk. A "Group issue" goes first. Some days everyone will talk. Some days not. I expect it to even out over time. I expect you can learn about your self from listening. You may not always get feedback from every member every time, but in general, the agreement is that members are open to feedback from other members.
6. The least helpful kind of feedback is: an interpretation/explanation or advice. The most useful feedback is: "Let me tell you MY experience, where my mind, thoughts, feelings, etc... went..."
7. You pay for your membership in the group, regardless of whether you can make it each time, as you are holding your place in the group.