



## **& 4 Real Solutions 4 Real Problems**

### **AGREEMENT TO PARTICIPATE**

#### **Purpose of the Program**

Participation in these classes is a cooperative process. Your facilitator will provide guidance, skills, and resources in anger management, while you, the participant, bring your own personal experiences and commitment to growth. Together, we work toward:

- Building stronger communication and stress-management skills
- Developing and practicing emotional intelligence
- Increasing self-awareness of feelings, motivations, and behaviors
- Clarifying values, priorities, and personal goals

These skills are designed to help you approach life's challenges in a healthier and more purposeful way. Results may vary, and there is no guarantee of specific outcomes. However, practicing the tools you learn between sessions will significantly increase your likelihood of success.

Because our organization is faith-based, please be aware that at times we may discuss spiritual disciplines such as prayer, meditation, forgiveness, and other biblical practices. By signing this agreement, you acknowledge and consent to the inclusion of these elements as part of the program.

#### **Program Expectations**

- Your facilitator may offer constructive feedback, which could include challenging your current beliefs, attitudes, or behaviors. This process can feel uncomfortable but is part of learning new ways of managing anger.

- Consistent attendance is important. Missing sessions or being late may affect your progress and the overall group dynamic.
- Change can sometimes feel unsettling and may affect not only you but also your relationships or family dynamics. Any concerns should be openly discussed with your facilitator.

## **Confidentiality**

Your privacy is respected, and information will only be shared within the program team to support your care. Exceptions to confidentiality are required by law in the following situations:

1. Threats of self-harm or harm to others
2. Suspected abuse or neglect of a child, elderly, or dependent adult
3. A valid court order or subpoena
4. Court-mandated participation
5. Any situation involving a conspiracy to commit a crime

## **Fees and Payment Policies**

- **Intake Session (30–60 minutes):** \$80
- **Virtual Group Session:** \$30
- **In-Person Group Session:** \$40
- **Executive Coaching:** Negotiated with client and staff

## **Additional Policies:**

- 48-hour notice is required to cancel any scheduled individual session or intake. Failure to do so will result in being charged the full fee.
- A minimum \$40 charge will be applied for any credit card disputes.

## **Court-Related Services**

Our facilitators do not provide custody evaluations or expert witness testimony. If subpoenaed, fees apply as follows:

- Preparation & Records: \$150/hour
- Phone/Virtual Meetings: \$200/hour
- Depositions/Testimony: \$250/hour (or \$1,000/day)

- Travel Time: \$150/hour
- Court Appearance Minimum: \$1,000/day
- Retainer of \$2,000 required 72 business hours before any appearance

All attorney fees and related costs incurred by the organization are the participant's responsibility.

### **Program Policies**

- Arrive on time. For in-person sessions, arrive 5–10 minutes early; for virtual sessions, 2–3 minutes early.
- Late arrivals (more than 5 minutes) may not be admitted.
- Volunteers may be asked to sign an additional form confirming their volunteer status and may waive rights to written documentation.

### **Good Faith Estimate**

You have the right to request a Good Faith Estimate of expected costs before beginning services. If actual costs exceed your estimate by \$300 or more, you may dispute the bill. For more information, visit [www.cms.gov/nosurprises](http://www.cms.gov/nosurprises).

### **Agreement**

By signing below, I confirm that I have reviewed this agreement, received answers to my questions, and understand that:

- This is an educational program, not psychotherapy or counseling.
- It is my responsibility to attend and complete the program.
- At times, spiritual practices may be included, and I consent to their inclusion.
- I have been advised of the limits of confidentiality.

---

Participant's Signature

Date: \_\_\_\_\_