



Better Man Projects

info@bettermanprojects.com

This document is intended to serve as a professional disclosure statement, your notice of the limits of confidentiality, and your informed consent regarding the potential risks and benefits of our work together.

Professional disclosure Steve Sutton works on behalf of Better Man Projects. Steve is a Licensed Clinical Social Worker who practices with an emphasis on men's issues and couples counseling. Steve grew up in the Portland area and moved back to the northwest after studying and training in New York City where he earned a Masters Degree in Social Work from Columbia University. Steve has been a licensed psychotherapist since 2006 and was certified as a No More Mr. Nice Guy therapist in 2014.

What to expect from the Nice Guy recovery group Nice Guy recovery is intended to offer you support in living your life, based on your own values; in return you offer your support to other group members. We work in a closed group format meaning there will not be people who drop in and out of the group – a commitment is required. The group has several basic ground rules:

- Attendance and participation at meetings is required. You will be asked to participate in every group meeting. Come prepared to learn, reveal yourself, challenge yourself, and get engaged with your own work. If you know you can't attend a meeting let Steve know ahead of time.
- Meetings typically last 90 min.
- Occasionally, Steve may need to hold a group online due to being unable to attend the group meeting. Details will be provided over email on joining the

online group. A computer with good internet connectivity and headphones with microphone is required to participate in an online meeting.

- Read No More Mr. Nice Guy by Dr. Robert Glover within the first month of joining the group.
- You will be invited to install WhatsApp on your mobile device as a way of communicating with group members throughout the week. Being a part of the WhatsApp group is optional.
- Privacy and respect for all group members is required. Information shared by others in the group cannot be shared outside the meeting or with others who are not group members.
- While Steve may occasionally do so, group members should refrain from giving one another advice. Framing suggestions in the form of examples from your own life is a good way to share information that might otherwise be advice giving.

What to expect from individual work (optional and provided upon request)

- We will meet each week for 55 minute sessions focused intensely on your Nice Guy recovery.
- With Steve's support and guidance, you should expect to identify work each week that you want to engage in between sessions. Sessions will focus on how that work went throughout the week and what you can do to refine your approach for maximum benefit.
- Group members may wish to augment their group work with occasional individual work as issues arise in their life or when they would like additional support.

Commitment by its nature, participation in the group means that you are there not just to do your work but also to support and engage with the other members. An initial two-month commitment is required.

Information shared during group sessions is private and should never be shared outside the group meeting time, even with other group members. By signing this agreement, you are committing to keeping all information shared during group sessions private. You must refrain from discussing other group member's private disclosures outside of the group – either with other group members or people outside the group. There may be times that group members not present are discussed or their disclosures are processed, but this will only occur during group time and never outside of a meeting.

You need to arrive for meetings and appointments on time. If you are going to be late or miss a session let me know by text or phone call.

Risks and Benefits of Group Work Participating in group may result in a number of benefits, including reduced stress and anxiety, a decrease in negative thoughts and self-sabotaging behaviors, improved interpersonal relationships, increased comfort in social, school, and family settings, and increased self-confidence. Recovering as a Nice Guy can help you be more honest and have integrity in every area of your life. You may learn a great deal about yourself. You will learn that there are other men who struggle with the same issues you do.

Such benefits require substantial effort on your part, including an active participation in the process, honesty, and a willingness to change feelings, thoughts and behaviors. You will be asked to work on challenges and assignments throughout the week in between sessions and group meetings for maximum benefit. There is no guarantee that group or individual work will yield any or all of the benefits listed above but as with most things in life – the more you invest the greater benefit you will likely see.

Participating in group may also involve some discomfort, including remembering and discussing unpleasant events, feelings and experiences. You may experience changes in your relationships as a result of your work. The process may evoke strong feelings of sadness, anger, fear, etc. You may have challenging feelings as a result of interactions with other group members.

There may be times Steve will challenge your perceptions or assumptions of yourself or your important relationships, and offer different perspectives. You should be aware that any decision on the status of your personal relationships is solely your responsibility.

It is normal for group members to have periods of feeling overwhelmed by the work. It is typical that group members feel frustrated or discouraged before they begin to experience progress. Personal growth and change may be easy and swift at times, but may also be slow and frustrating. You should address any concerns you have regarding progress in your work by letting Steve know about them directly.

Limits of Confidentiality Steve is required to keep the information you share during group sessions confidential. Group members agree to keep other member's information private. There are some limits to confidentiality – they are:

- If you communicate that you are at risk of hurting yourself or someone else.
- If you share information that includes child or elder abuse or neglect.
 - Any information you share on WhatsApp cannot be kept confidential and Steve or Better Man Projects assume no responsibility for where the information is stored or how it is used. In the event you disclose a specific and credible threat to another person Steve may have an obligation to disclose that information without your consent. In the event you disclose knowledge of elder or child abuse or serious suicidal ideations, Steve may have an obligation to take action on that information with or without your consent.

Termination Steve Sutton, acting on behalf of Better Man Projects, may determine that group membership is not the best approach to address your needs and may terminate your membership in the group. In the event that your group membership is terminated you will be presented with referrals to other professional resources for addressing your needs. If you intend to withdraw from the group you must notify me and you will be asked to attend a final group session where you can process the end of your group work with the members of the group.

By signing here, you agree to this commitment and framework for working in the Nice Guy Recovery Group provided by Better Man Projects and facilitated by Steven Sutton, LCSW. You understand the risks and benefits associated with the work, you consent to treatment, and you understand the limits of confidentiality. You are in agreement that you have been given an opportunity to ask questions and you understand this agreement. The agreement may be updated or changed at any time and you will be invited to sign any updated versions.

_____ Print Name

_____ SIGNATURE

_____ DATE



Better Man, LLC

info@bettermanprojects.com

Fees

There is a monthly fee of \$200 to be a member of the group. You will receive an invoice on your first month of group membership. Following the first month, the fee will be automatically debited on the 1st of the month from the payment information used on the first month's payment. Fees may change at any time. You will be asked to review and sign a new fee agreement should fees change.

Group fees are paid on the basis of monthly membership. The fee paid allows you to be a member of the group for that month, attend meetings, and receive articles and challenges. Fees are not paid per meeting and therefore do not change based on how many meetings are held or how many you attend. Throughout the year, there are times when we have five meetings in a month and other months when we may have fewer than four. Fees on those months remain the same.

If you require any special accommodations to this agreement, such as a sliding scale fee or delayed payment past the first of the month, or payment by a method other than the debit or credit card registered online, please contact Better Man, LLC or let your group facilitator know.

By signing here you agree to the fee structure laid out in this document.

Print Name

Signature

Date



Better Man Projects, LLC
info@bettermanprojects.com

Technology Disclosure and Agreement

It is important for members to understand the limits of confidentiality when using electronic communications to share. Please indicate your preferences below:

Individual information email

If you email documents to Better Man, LLC, such as a completed intake form, we can't guarantee the confidentiality of that information as it does not control the servers where the communication is stored and transferred. However, Better Man Projects can assure that once the document is received by the Better Man employee, it will be kept protected and confidential according to the confidentiality terms of your membership agreement. Members who choose not to consent to transmitting documents via email will exchange them in person by hard copy only at meetings or by US mail.

Better Man requests the right to electronically send information pertaining to your sessions to an email account provided during the intake process.

I agree that Better Man, LLC, may send and receive documents that contain my personal and protected health information via email.

Yes _____ , No_____.

Text and Phone Messages

Occasionally your therapist may use texts or phone messages to convey basic information to members regarding scheduling or other logistics. These messages will never be used to discuss treatment or personal information. But sometimes texts and phone calls are the most practical way of notifying members of scheduling changes or other logistical issues that arise on short notice.

I agree that Better Man, LLC, may send and receive text and phone messages in the manner outlined above. Yes _____ , No_____.

You and Better Man, LLC, may update or change this agreement at any time. If you would like to change your preferences you can request new technology form to update.

Printed Name

Signature

Date