



# Dangerous Impulses: Anger Resolution Anger Group Contract

### Important:

Many people in anger counseling say, "I shouldn't have to be here" or, "I don't have an anger problem." If you have ever been angry OR the legal system (judge, probation officer, DFCS, etc) states you need to be here, then here is where you need to be. It is, however, your choice to participate and learn. The amount of effort and participation you put into this program will result in how well you handle anger and conflict in the future.

### Requirements:

- (1) Read the handout in its entirety before each session (we don't read it all during the sessions), and
- (2) Verbal participation during the group (asking & answering questions, sharing insights) and,
- (3) Completion of self-help assignments before the next class, and
- (4) Attendance at each group and being on time.

### Point System:

A total of 100 points is available by the end of the five sessions. The breakdown of points and status includes:

Point System (20 points per session x 5 sessions)	Completion Status (at the end of 5 sessions)	
5 Points – Reading the complete handout & reporting on it	80 – 100 Points	Successful Completion
5 Points – Completion of assignments before next session	70 – 80 Points	Satisfactory Completion
5 Points – Verbal participation during group discussion	Below 70 Points	Incomplete/Did Not Pass
5 Points – Attendance ("tardy" = 15 min late, lose 2 points)		(Must repeat all groups)

**Don't Throw Your Money Away – Do The Work Required!**

### Cost:

Assessment fee is \$75.00. Group fees are \$25.00 per group. Only one make-up session is allowed; this is done on an individual basis where the cost for an individual session is \$35.00. **Note:** No certificate of completion is submitted to any requesting agency until all fees are paid in full.

### Workbook:

The workbook for the Anger Counseling Series is provided to you at no cost and must be brought to each session. Completion of the lessons are required, therefore, the workbook is a necessity. If the workbook is lost, a replacement workbook will cost \$10.00.

### Group Rules

Group members agree to the following ground rules before beginning the Anger Resolution Group:

1. **SUPPORT:** Group members are not here to "fix" anybody; we all can learn from others' experiences.
2. **SAFETY:** Verbal and/or physical aggression will not be tolerated. Should this take place, the group member(s) will be immediately terminated, law enforcement called and any requesting agency will be notified of the termination.
3. **SECURITY:** Confidentiality is the foundation of group. Who is in the group and what is said in the group, remains in the group. Group members are free to talk with others outside of the group about what he or she personally is learning. Names of other group members are not to be disclosed to anyone outside of group. A group member who discloses confidential information (i.e., other members' names) will be terminated from the group and the requesting agency will be notified (if applicable).

*"I understand and agree to these requirements for Anger Management Counseling."*

Signature: \_\_\_\_\_

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