

Handout to younger folks...how do I work?

- I treat people the way I would want to be treated. I will always respect you.
- I work hard to listen to you and will help teach you to listen to what is going on inside yourself. That is, my ultimate goal is to teach you to be more in control of yourself, so you can get rid of me!
- You are in control of how we work together. I will never force you to tell me anything. I am not a dentist, I do not pull things out of people's mouths.
- You have the right to laugh as much as you want to.
- You have the right to help choose the activity we will do during our meetings.
- If you are ever uncomfortable by something I do, please let me know. I always welcome feedback.
- The fact that you are seeing me will be remain private. Your parents have access to me, they can pass on information to me. However, I will do my best to pass on that information to you. I will not tell your parents what we talk about, except for general things like whether you showed up, and whether you seem to be doing what you need to do. Please refer to my privacy practices sheet for more details on this.
- You have the right to invite your parent into any of our meetings.
- If I ever think that you might benefit from having your parents at one of our meetings, I will discuss this with you and we will arrive at a decision together.
- You have the right to tell your parents anything we talk about, but this is your choice.
- You can bring anything you want to, to our meetings. This might be a favorite book, CD, game, etc.
- The beginning and end of our meetings can be times when we just have fun, and we do not do work.
- You are welcome to remember that even if it seems hard to talk about something, that by talking you can speed up the process of growing out of a problem