

2GetHelp Wellness Center's

HUGE GROUP THERAPY & ANGER MANAGEMENT

with M.K. Doc Downing, Ph.D., LMFT

At this unique group therapy session, no one will ask your name and you may speak or just listen in. You may work on issues such as anger, abuse, molestation, feelings of abandonment, relationships, domestic violence, or almost any subject you wish.

**Every Saturday morning, 9:00 - 10:45 AM
North Fresno Mennonite Brethren Church
5724 N. Fresno Street
Upstairs in Room #208**

near Bullard, just a few blocks from Hwy 41

**Call the 2GetHelp office at
(559) 431-9995 for more info.**

A Free Community Service

<http://www.DocDowning.info>

HUGE GROUP THERAPY RULES

1. **Confidentiality*** –do not share any one else’s story.
2. Start and end on time.-so be careful not to wait until the last few minutes to work on an issue.
3. If all the chairs are filled when you arrive, you have the “privilege” of sitting on the floor in the center of the circle – it is uncomfortable to the group for the group to have someone sitting outside “looking in.”
4. Cell phones: please turn off or to vibrate.
5. Talk in the “I” format. You cannot fix anyone else but you can fix yourself. Using “I” helps you own your own feelings and become aware of what’s keeping you stuck.
6. No “why” questions. “”Why” is an accusatory statement in disguise.
7. Don’t “should” on yourself. You know what you coulda/shoulda done – emotion or belief system got in the way. And there are some things you can do with “shoulds.”
8. There is no quick fixes (Ann Landers type solution) for your problems or you would have found them by now. We can listen to your story, make suggestions, or, offer you options, however, **only you** can learn how to fix your problem.
9. You can stay anonymous. No one is to ask your name, however, you can share your name if you chose.
10. It is not your turn to share unless you ask for time, so no need to worry about anyone calling on you.
11. You may ask for time, anytime during the session; you do not need to ask before we start.
12. Please don’t talk to your neighbor while someone else is working on his/her issue; you may not be listening because it’s your issue, too; and, it is just plain rude to talk at that time.
13. You cannot drag anyone else in. You need to talk about your feelings and what’s happening for you.
14. Suggestion: Not to sit with significant other. It is better to sit across from person, so you can see his/her reaction to emotions or opinions being expressed.
15. **Confidentiality*** – do not share anyone else’s story, even if you do not use their name.

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* **NOTE:** For the therapist there are four exceptions to this rule:

- 1) If you are going to kill yourself,
- 2) If you are going to kill someone else,
- 3) If you are molesting a child or putting a child in danger,
- 4) If you are abusing a senior citizen, then the therapist is required by law to make a report to the proper authorities.