



*The Baltimore Therapy Center, LLC*  
103 Old Court Rd., Suite A  
Baltimore, MD 21208  
443-598-BTC1 (2821)

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## **Under Control: Anger Management Group** **Terms of Service**

### **GROUP PURPOSE**

The *Under Control* Anger Management program is not group therapy, and does not replace or provide the same benefits as group or individual therapy. It does not provide diagnosis or treatment of mental illness, medical advice, legal advice, or crisis management. It is an educational and coaching group, in which you can expect to learn about anger in general and about your own experience with anger in particular, as well as gain tools and skills for better managing your anger.

Nothing discussed in your sessions should be taken as medical, legal, or financial advice, or as anything beyond suggestions for personal growth. Working toward this growth requires effort on your part. Personal development requires your very active involvement, honesty, and openness in order to achieve change in your thoughts, feelings, and/or behavior.

We do not guarantee that participants will demonstrate changes in attitudes or behaviors after going through this program, although we hope that will be the case.

### **COST & PAYMENTS**

The program is 6 sessions long. A session lasts 50-55 minutes. The cost for the program is \$225 for all 6 sessions when paid upfront in full, or \$40 for each individual session. This payment is 100% refundable up to the time the first class begins. After that time, no refunds will be made.

Health insurance cannot be used to pay for this program.

### **ATTENDANCE**

Meetings will take place on Google Meet. If you will be using a computer (recommended), you won't need to download any additional software. If you will be on a mobile device, you may need to download the app ([Android](#) or [Apple](#)).

You must sign in to the online meeting room within 10 minutes of the listed group start time. At 10 minutes past the start time (as measured by the clock on the group leader's computer), nobody else will be allowed into the group.

You must have working audio and video to participate in the group. In order to be considered present, your face must be visible on screen throughout the group session, and must not be engaged in other activities during the group. You must be in a private environment, without others in the room (including partners, children, pets, etc.). You must be sitting, not walking around or lying down. If you violate these rules you may be removed from the session and it will be considered a missed session.

To receive a certificate of completion, participants must attend all 6 classes. If a class is missed, it can be made up by setting up an individual makeup session, at a cost of \$150. No refund is made for the missed

class. In case of a medical emergency (with documentation), you can attend a make-up session of the class you missed at no cost when that class is given again in the future.

Certificates of completion will be e-mailed to you upon successful completion of the program. These certificates are legally valid and have been accepted by the courts repeatedly. However, we cannot guarantee that the completion certificate from this program will be accepted by any particular legal or authoritative body.

## **CONFIDENTIALITY**

Group leaders will hold all information shared in the group in strict confidentiality unless a release of information is requested in writing by the participant. The exceptions to this rule include:

- When the group leader believes a participant is at imminent risk of harming themselves or someone else.
- When the group leader has a reasonable suspicion that child abuse is occurring or has occurred.
- Due to a legal court order or subpoena.

Group rules include the requirement for other participants to keep group discussions confidential. However, the Baltimore Therapy Center cannot guarantee nor be responsible for disclosures made by other group members.

## **LITIGATION LIMITATION**

Due to the nature of the counseling process and the fact that it often involves making a full disclosure with regard to many matters which may be of a confidential nature, it is agreed that, should there be legal proceedings (such as, but not limited to divorce and custody disputes, injuries, lawsuits, etc.), neither you nor your attorney(s), nor anyone else acting on your behalf will call on Baltimore Therapy Center staff to testify in court or at any other proceeding, nor will a disclosure of the counseling records be requested unless otherwise agreed upon. In the event that Baltimore Therapy Center staff is subpoenaed to testify in court, a charge of \$400 per hour will apply.

## **TELEPHONE & EMERGENCY PROCEDURES**

If you need to contact your provider between sessions, please leave a message at 443-598-2821 and your call will be returned as soon as possible, unless other arrangements have been made with your provider. Staff check and respond to text/voice messages a few times during the daytime only, unless they are out of town. The Baltimore Therapy Center is not an emergency service. In case of emergency, please call 911 or the Baltimore Child and Adolescent Response System at 410-547-5490.