



Tuesday Evening Personal Growth Group

MEETING SCHEDULE:

The Tuesday Evening Personal Growth Group meets every other Tuesday (7:00pm-9:00pm). We have resumed in-person meetings.

FEES:

Fee is \$ 95.00 per month for 2 hour sessions with usually two sessions per month.

A two month commitment and auto recurring payments are required.

Members are charged for sessions while they are members, whether or not they attend.

WHY HAVE YOU REACHED THIS WEB PAGE?

Others who have inquired about this group have been seeking:

- Support for making changes in their lives;
- A “safe place” where they can belong being authentically “who they are”;
- Guidance for troublesome life patterns which strain personal relationships; and
- A “Place where everybody knows their name (Cheers)” and cares about what it takes to live their lives.

MANY ASK:

- Would I think I am safe and embraced by the group members?
- Would I experience personal growth and development?
- What types of discussions would be on the table?
- How are the sessions led/facilitated and what can I expect from this leadership?
- What types of other people would be in this group?

Read on for answers to some of these questions.

PERSONAL GROWTH GROUPS ARE:

Opportunities to develop supportive relationships and to learn about one’s personal and interpersonal processes (That means how you interact with others and how they react to you).

Facilitated by mental health professionals who attend to the process dynamics of the individuals, sub-groups, and the total group.

PERSONAL GROWTH GROUPS ARE NOT:

- A substitute for personal psychotherapy.
- Are not reimbursable by medical insurance in that they are not considered therapy, although members often report their changes.
- Prospective members should either have prior group experiences or participate in an introductory workshop at The Gestalt Institute of Cleveland (GIC). The purpose of this recommendation is to prepare for group membership and “try before you buy” in order to make an informed commitment to membership.
- Do depend upon committed membership to develop continuity and “safety.”

COMMITMENT:

Benefits from membership increase over time, especially beyond the “getting to know you (and others)” period. For these reasons we expect that newly joining group members commit to attend ten (10) sessions. After being a member for ten sessions, they may continue their membership or drop out.

ENTRY PROCESS:

- Interview (in-person or phone) to clarify a person's interests/issues, goals for participation, and to determine the "goodness of fit" for this group.
- We present the prospective member's name to the group to be clear that no one has a conflicting relationship with them, e.g., we've had prospective members who had been a supervisee and colleague of members. If so, the present member makes the call if the relationship is problematic.
- Present members influence the timing of a new member's entry, e.g., if the group is in the middle of some issues and need to finish this with the present membership intact, then we delay taking in new members.
- The number of members will not exceed twelve (12).
- Leaders determine with the applicant the "goodness of fit" of the applicant to the group.

ABSENCES:

In the event of needing to miss a session, members appreciate information in advance if possible, if not in advance then before the meeting by leaving a voicemail or texting Kirste @ **216-390-7175**.

ENDING MEMBERSHIP IN THE GROUP:

When group members decide to leave the group, they announce their decision in person to group members and attend at least one session after they have made this announcement to give everyone opportunities to say goodbye. This commitment provides everyone with the expectation that no one will just "disappear" without chances to finish business with one another.

CONFIDENTIALITY:

In order to create and maintain the safest possible environment for members to explore and express their experiences, we expect each member to agree to the following:

- The member is the sole "owner" of their expressions and they may not be used for any purpose by another member.
- Thou Shalt Not Steal: My lips are sealed!
- I will not in any way relate anything another member says or expresses. I will not quote, describe, or tell a story however cleverly I may think that I can conceal the identity of another member or however remote a listener may be. "Loose lips sink ships."
- My Experiences are my own property.
- I may speak about my own experiences as a member without referencing any events to which I was reacting. For example, "Something happened that I will not describe, and this is how I reacted to this event."

A WAY OF BEING:

"[W]hen a person realizes he has been deeply heard, his eyes moisten. I think in some real sense he is weeping for joy. It is as though he were saying, "Thank God, somebody heard me. Someone knows what it's like to be me." In such moments I have had the fantasy of a prisoner in a dungeon, tapping out day after day in a Morse code message, "Does anybody hear me? Is anybody there?" And finally one day he hears some faint tappings which spell out "Yes." By that one simple response he is released from his loneliness; he has become a human being again."

A Way of Being, Carl Rogers, 1980, p. 10

Mariner Books, New York. Originally written 1958.

For further information:

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