



Relational Dynamics Class Agreement

The following are group participation guidelines to which you must agree prior to joining the class. These guidelines are a fundamental part of the safety container for the class participants as a whole and for each participant. The below group encounter is an experiential **class** which will greatly benefit from your voluntary participation. This is **not** a group therapy session. Please write your initials after each item and sign and date in the space provided on page 2.

I, the undersigned, hereby agree to the following conditions (items 1-10 below) as a pre-requisite to my participation in the online class "**The Foundations of Human Happiness: Self-regulation via self-relational attunement**"

1. Anonymity

I understand that everything said in this class is to be recorded and the resulting audio recording might be used later for educational purposes. Participants are required to use both video and audio in their participation as a learning tool. The names and physical identity of participants will however remain secret to non-participants. I agree to keep secret the names of other participants. I agree to keep secret anything which occurs between or among participants. I understand that there is an exception to this confidentiality which applies to Federico G. Anguiano (the class facilitator). If the facilitator believes that someone is unsafe, he has a professional obligation to take direct action in order to keep everyone safe.

2. Confidentiality

I agree that anything which occurs between or among any participants is part of the class and is to be kept secret from anyone outside of the class. This also applies to any individual meetings you may have with the facilitator. I understand that if I violate this confidentiality I will be removed from the group. I understand however, that I am encouraged to discuss and/or apply the new principles and behaviors that I might learn in my daily life.

3. Privacy

No participant is required to answer any question, participate in any activity, or say anything. If I am asked questions or asked to participate in an activity which makes me feel uncomfortable, I understand that I have the right to refuse. I agree that will never pressure other participants to participate in any discussion or activity after the member has refused. I understand that the facilitator is obliged to protect this right. I also understand that I will benefit more from the group learning experience the more I am able to take risks in sharing and participating.

4. Internet Connectivity

Since this is an online-only class, I declare that my internet connectivity is sufficient to carry both video and audio signals without creating interruptions in communication.

5. Responsibilities

I understand that it is the facilitator's responsibility to enforce these procedures and guidelines. The group may, when it wishes, propose other procedures and guidelines which will be up to the class facilitator.

6. Recording

I understand that everything said in class is to be recorded and might be used later for educational purposes such as creating exercises or practices. Video recordings of participants will not be made public. The names and identity of participants will remain secret to non-participants. By initialing this line, I acknowledge my receipt of, and agreement to, the AV consent form (attached) which is hereby included and made part of this agreement.



9. Declaration of self-boundaries

I will abstain at all times from commenting on any experience other than my own.

10. Payment

The cost for attending this class is \$370 via PayPal or \$360 via Venmo. I agree to pay this amount at the time of registration and commit to attending each session unless by cause of unexpected emergencies. If I wish to benefit from the sliding scale fee structure, I declare that my income is as I have stated in the sliding scale fee chart. In such a case, the sliding scale fee agreement is hereby incorporated as form SC into this agreement.

I have read the procedures and guidelines and agree to be bound by them while I am a member of the class
"The Foundations of Human Happiness: Self-regulation via self-relational attunement"

Participant

Date

I promise to faithfully enforce procedures and guidelines for this class.

Date