

Participation Guidelines

1. **You are welcome** to attend regardless of whether or not you are currently engaged in an addiction process as long as you are not disruptive to the ARI process.
2. **Your participation in ARI is completely voluntary** regardless of any outside circumstances, pressures or obligations. Our decision about your continued participation will be based on clinical evaluation and opinion regarding the potential for this ARI process to be helpful to you. We recommend that you make your own choices about continued participation based on the same criteria. (i.e. Is this helping me? or Is it likely to help me in the future?)
3. **Attendance:** Full participation is expected and is the most likely way this process will be helpful to you. Therefore regular, punctual attendance is encouraged but remains your responsibility.
4. **Dress:** There is no dress code. We expect that you will dress comfortably and in a way that will not be a distraction from the process.
5. **Behavior:** There is no code of behavior other than being considerate of others and polite in personal interactions. There is one rule: No violence, physical intimidation or any threats of intimidation or violence. It is unlikely that the ARI process can be helpful if you cannot follow this rule.
6. **Confidentiality:** Do not disclose the identity of any other participant in any way, at any time.
7. **Schedule and breaks:** There is no set schedule or breaks. Every day, in every way, 8 to 12 is all part of the process. How we manage all of that together is a part of The Intensive.
8. **Tools provided:** Every method that we teach will be available to you in some form. You choose which tools you will keep and use. Therefore, your personal ARI notebook will be empty as you begin the process. As we present information, methods and tools, you may pick them up for later use or not depending on what works for you.

\_\_\_\_\_ Date:\_\_\_\_\_

I have read the above, understand and agree