

promises not to discuss group matters outside of group as a condition of participation. The only exception to this "rule" is the disclosure of your *own* issues to your therapist or outside support persons.

**SIZE:** 6 to 16 persons is the ideal. A larger group is desirable than is the case in other groups because in an action group members participate in the enactment. In addition, learning by watching is valued and is a quite powerful aspect of this approach.

**RECORDS:** Dr. Pramann will keep a log of attendance and payment. Brief clinical notes on each participant and session will be kept on file.

**RELEASE OF INFORMATION:** Dr. Pramann requests that you sign a consent form so he may communicate (verbally or in writing) with others from whom you are receiving concurrent treatment.

**ENROLLMENT AND QUESTIONS:** If you would like to join this group or have questions please contact Rob Pramann, Ph.D., 561-9987 ext. 25. Dr. Pramann has posted additional material about action methods, psychodrama, and his training on our website: <[www.ssccc.com](http://www.ssccc.com)> "Action Therapy/Psychodrama, Training in Psychodrama, Articles, and Rob Pramann Vita." Dr. Pramann also has a 45 minute videotape demonstrating this approach that you may view in our office.

**ACTION THERAPY GROUP,  
Shepherd's Staff Training in Psychodrama**  
731 East 8600 South  
Sandy, Utah 840934-6312

# ACTION THERAPY GROUP



Directed by:

**Rob Pramann, Ph.D.,  
TEP, CGP**

Sponsored by:

***Shepherd's Staff  
Training in Psychodrama &  
Christian Counseling Center***

## GUIDELINES FOR THE ACTION THERAPY GROUP

Rob Pramann, Ph.D. TEP, CGP

Welcome to Action Therapy! The purpose of this group is the exploration of personal issues and their emotional resolution.

This approach goes beyond talking about a problem, situation, or relationship which may be upsetting or causing difficulty. Using this method you may "show" the group the problem by enacting it with the help of other group members. Similarly the issue may be explored and resolved in action as well.

You may be as active or inactive in the group as you truly wish. You can expect some anxiety when you begin because most new activities stir this up; if you report your feelings and reactions honestly, you'll find that most of this anxiety goes away. Self-exploration and deeper understanding of others takes time and effort but is well worth it. Most group members have found this a rich, warm, and rewarding experience. I hope you will too.



**TIME/LOCATION:** Tues., 6:30 p.m. at Good Shepherd Lutheran Church, 8750 So. 700 E., Rm. #11 (downstairs, southeast corner).

**LENGTH OF SESSIONS:** Sessions will be scheduled for "approximately" two and one half hours. If a good stopping point is not available a session may last up to three hours. If the group is at a good ending point and there is not adequate time to explore something else we may end at two hours.

**COST/PAYMENT:** The cost of each session is \$40.00. There are two payment options: (1) You may pay for the first six sessions at a discounted rate of \$210.00 (a \$30.00 savings) or (2) you may pay for the first and last session at a cost of \$80.00. Payments are to be made with a check or cash prior to each session. Checks should be made payable to "SSCCC." Sessions can be billed as group therapy to your insurance company or other third party payor if applicable. A \$10.00 holding fee is assessed if you miss a session for *any* reason. In addition there will be a fee based on our sliding scale rate for the required two to three assessment sessions. (For more information about this see the "Assessment" section.)

**ATTENDANCE:** Regular attendance is very important. Joining the group means committing to attend weekly. An initial commitment of six sessions is expected so that newcomers can get acquainted with the method and with the other group members and can experience some personal benefit. You may elect to continue indefinitely on a weekly basis after the initial six sessions. Members may be added continuously as appropriate.

**ABSENCES:** Please make the group a priority. You are missed and important. Sporadic attendance doesn't help you or others. For unavoidable absences, please call Dr. Pramann at 561-9987 ext. 25 before 5:00 p.m. and leave a message. A \$10.00 "holding fee" will be assessed for each absence, payable at the next session.

**TERMINATION:** Please give the group and group leader one week's notice that you intend to terminate your group relationship. Please announce at the beginning of the session, "next week will be my final session." This allows for good-byes, unfinished issues, and closure -- yours and others. Remember that you have been prepaying each session, the last one is "already paid for," so don't short-change yourself!

**ASSESSMENT:** A two to three session assessment is required of all participants except those in treatment with a therapist from SSCCC who have completed an initial assessment and treatment plan. The purpose of the assessment is to determine readiness for and compatibility with this approach and group, develop goals/treatment plan, and gather other information that may be required by one's insurance or other third party payor. The cost of the assessment will be at our sliding scale rate.

**CONFIDENTIALITY:** What others share and what happens in the group is confidential. Each member