

## **Jetson Counseling**

636 St. Anne St., Suite 202  
Rapid City, SD 57701  
(605) 718-5500

### **JETSON COUNSELING WORKSHOP INTENSIVE WORKSHOP GUIDELINES**

We want to welcome you to the workshop and know this will be a spirit directed workshop. In order for you to get the most out of your stay, the following guidelines have been developed. This workshop is Friday thru Monday.

#### **CONFIDENTIALITY**

Confidentiality regulations protect your right to anonymity as a participant in this workshop. In order for the process to work and for you to feel safe, we expect that you will protect that right for fellow participants by:

Who you see here, stays here

What you hear here, stays here

What happens here, stays here

What you choose to say about YOUR experience and YOU, is up to you.

#### **CHEMICAL USE**

Mood altering chemicals, including alcohol, are not allowed at any time. The use of nicotine (cigarettes, smokeless tobacco, pipes etc.) is also not allowed.

It is important that the staff is aware of all medications you are taking before you attend the workshop. If you have any questions regarding your medications please discuss this with a staff member.

If at any time you have unusual physical discomfort, a medical emergency, or injury let us know as soon as possible.

#### **EXERCISE AND OUTDOOR ACTIVITY**

You are welcome to walk and/or jog and enjoy the nature around us. Please go in groups of two or more for your own safety.

Please follow any other workshop guidelines discussed at the workshop itself.

#### **SLEEPING ARRANGEMENTS**

Couples will be sleeping in the same room with each other.

Please do not burn candles, incense, smoke or smudge.

Please report any damage to the Jetson Counseling staff.

This is an intensive workshop. In order to provide safety, privacy, and a sanctuary, assigned sleeping rooms will be off limits to all other participants at all times.

- It is important that you understand that Jetson Counseling cannot anticipate, monitor, or control participants unique sleeping/living habits or their sensitivities such as allergies to hair spray, perfume, etc., snoring or other night sounds, light, etc. It is your responsibility to take care of those sensitivities by bringing to the workshop items needed to provide for your comfort and safety. Such items might include allergy masks, sleeping masks, earplugs, headphones, white noise machines, etc.
- Jetson Counseling is not in a position to offer any relief from such sensitivities by making roommate changes, room changes, etc. If you have any such unique sensitivities or sleeping conditions such as the use of a breathing machine, insomnia, excessive snoring, etc. let us know so we can determine our ability to accommodate your special needs.
- Bedding and towels will be provided. Please respect your roommates by keeping your living area neat and your bed made. Check out time on the last day of the workshop will be announced.

Jetson Counseling is not responsible for lost and/or stolen property.

Throughout the workshop we encourage you to focus on YOU. We invite you to not make or receive phone calls after Thursday evening except in emergencies. In order to focus on YOU, we ask that you do not watch TV, read a newspaper or listen to the radio.

## DINING AND MEETING ROOMS

Lectures and group meetings will be held as a whole group. It is important that you be on time for these meetings. Arriving in advance for each event would be helpful.

We ask that each participant be part of every meal whether or not they chose to eat. Meals are served buffet style so be on time. Please follow any instructions for meal preparation and/or clean up when you arrive.

Please do not bring food or beverages to the program with you. Food and/or beverages are not to be taken into your personal or group rooms.

## EMERGENCIES AND PHONE USE

A phone will be available for your use the first night. Please limit your phone calls to 5 minutes to respect other participants. If you need to make a long distance phone call please use a calling card or make a collect call.

If your family needs to reach you in case of an emergency the phone number to call is (605) 484-4372. Let your family members or persons concerned leave the message with Dave Jetson. We will get the message to you.

We ask that you do not use cellular phones or computers that you may have brought with you. You may need to be aware that cell phone coverage may be limited at Angostura Lake.

## DRESS CODE

The atmosphere at the workshop includes comfortable, casual clothing. You are welcome to wear jeans, sweat suits, long shorts, T-shirts over tights, t-shirts etc. The weather can change in the mountains so please come prepared (suggested layered clothing- sweaters, jackets, gloves or mittens, hat, hiking boots etc.)

## GENERAL GUIDELINES

You may be asked to help in light duties such as setting up for presentations, meals etc.

All participants and staff should exercise reasonable caution in their interaction with each other to minimize their exposure and the exposure of others to infectious diseases. We strongly suggest that individuals avoid sharing personal grooming items, such as razors, toothbrushes, etc., and that each participant assume responsibility for throwing away their own tissues and other similar items.

Smoking is not allowed. Those being treated for nicotine addiction will be given special instructions.

## WE COUNT ON YOU TO:

Be honest about what is going on with you as a participant and be an active member of the workshop to include lectures and small group therapy.

Attend all scheduled activities, meals, and events on time.

Complete all reading, writing and other assignments.

Be considerate and respectful of the rights and beliefs of fellow participants.

Ask for what you need and set boundaries that are important for you.

## CONCLUSION:

We believe that through the Holy Spirit, this workshop can be a safe and healing experience for you. It is truly an honor to share your journey with you.

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Signature

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Date