

# WASHINGTON STATE BAR ASSOCIATION

## Member Wellness Program

Adely Ruiz, LICSW  
Clinical Social Worker  
206-727-8268 adelyr@wsba.org

Dan Crystal, PsyD  
Clinical Psychologist  
206-727-8267 danc@wsba.org

### **MEMBER WELLNESS GROUP SERVICES**

Welcome to the WSBA Member Wellness Program. Our groups are designed to help you engage your professional and personal lives. It is important that you have a clear understanding of our responsibilities as a service provider and your rights as a member. If you are uncertain about this, please ask for clarification.

Please take time to read this document so you may better understand Member Wellness group policies and how they apply to you. Keep this document for your records.

#### **The Nature of Services MWP is Providing in this Group**

##### **1. Limits of Service**

Group services are designed to deliver information and to facilitate support. It is not a psychotherapy – or health care – group. Groups are not designed to deliver psychotherapy to individuals or the group as a whole. If you believe you need to participate in counseling or psychotherapy, you can initiate an individual clinical consultation offered through the Member Wellness Program or a community provider. We are happy to discuss this with you and/or to provide referrals.

##### **2. Records of Service**

Because the group is a support group and not a psychotherapy group, no individual record of the substance of your participation will be initiated or maintained. We will maintain a roster of participants and summary of services provided. This information is confidential and will not be released to anyone without your written permission or a court order.

##### **3. Confidentiality**

Member Wellness staff cannot ensure confidentiality in sessions with two or more persons, including groups, since we cannot guarantee that others present will keep the information in confidence.

For this reason, we ask that you refrain from disclosing to any other party the names of group participants, in addition to the substance of what is shared by individual members. The group cannot thrive if trust is damaged or absent, and trust is created by each member strictly respecting the privacy of all the others.

### **Attendance**

Your place in this group is held exclusively for you. If you are unable to attend a group meeting we appreciate it when you inform the group leader. In addition, it is important to do your best to arrive promptly because late arrivals disrupt group process.

### **Payment Policies and Fees:**

There is no charge for group services.

### **Ethics and Professional Standards**

If you have any concerns about the group or a related personal situation, please discuss them with the group leader. Alternatively, you can bring your concerns to Member Wellness Program Manager Dan Crystal, PsyD at 206-727-8267. If, after you have discussed them, you still believe your concerns have not been addressed, let us know and we will direct you to the individual who can address those concerns.