

## **Mamisarvik Healing Centre Program – Expectations and Rules**

Healing is about looking at all aspects of your life. Day-to-day habits impact our lives and often through trauma and addiction, the focus on maintaining a healthy daily routine is lost. During the next fifty-three days, you'll be getting to know yourself once again through participating in a Therapeutic Community and embracing some very important life skills. These skills will be enhanced by following the expectations of the program which are listed below.

### **Expectations:**

- 1) To honour and respect the confidentiality and privacy of others and be considerate and respectful to other clients and staff.
- 2) To be open to feedback. Feedback is a gift, and being open to feedback is an important piece in the healing journey. This feedback will come from both staff and fellow residents.
- 3) To take part in all aspects of the program, which includes group and individual counselling sessions, cooking and cleaning and all recreational activities.
- 4) To participate in household chores. Positive personal growth comes from changing our behaviors from the old lifestyle to new positive ways of living.
- 5) To maintain appropriate hygiene at all times. We feel better about ourselves when we are clean and neat in appearance. Appropriate clothing that does not promote alcohol or drugs should be worn and all participants are responsible for doing their own laundry.
- 6) To bring with you all personal hygiene products (soap, shampoo, deodorant, toothpaste, toothbrush, brush, comb, etc.)
- 7) To arrive with seasonably appropriate clothing that is comfortable and appropriate for both indoors and outdoors.
- 8) To not bring any drugs or alcohol into the program, and to not gamble with your fellow residents.
- 9) To not smoke anywhere in the residence.

### **Other important rules:**

- 10) No food in bedrooms (this helps with cleanliness).
- 11) No cellphones, laptops, tablets, or MP3 players or other devices while in treatment.
- 12) No phone calls for the first two weeks (to help ground you in the program).
- 13) Television is to be shared with fellow residents. Shows or movies that promote drugs and alcohol are not allowed.
- 14) You are not to be in any bedroom other than your own.
- 15) Use of staff computers for checking emails or social media such as Facebook is not permitted.
- 16) For safety reasons, all medications and prescriptions will be kept secure by staff and must be taken in front of staff.

### **Group Guidelines**

## **Group Guidelines**

The following suggestions are offered to assist participants to be open and to give and to improve communication.

1. **Use "I."** Say I think or I feel instead of saying, "People feel..." or "You get the feeling..."
2. **Speak directly to individuals in a respectful manner**, eg: if a member asks how you feel about a person- get them to ask directly.
3. **Speak honestly about your feelings and thoughts.** We need to trust the other's ability to handle our honesty.
4. **Be aware of your thoughts and feelings** Using "I" statements and expressing them at the earliest appropriate time.
5. **Be aware of your body** to help keep in touch with yourself.
6. **Be as free and open as possible.** Let your thoughts, ideas and feelings come out as they are, to show the true you.
7. **Address the group** in order to keep your feelings out in the open.
8. **Be aware of the roles** and the characteristic behaviours that you take, eg: Compromiser, Peacemaker, Challenger, etc.
9. **Listen actively and clearly** to members' words, feelings and behaviours.
10. **Don't speak for others.** Describe what *you* are experiencing at that moment using "I" statements.
11. **Promote genuine interactions** with other members. It is important to communicate meaningfully with others.
12. **Expect periods of silence.** They may seem uncomfortable, but use them to become aware of what is happening within yourself.