

## PROPOSED WORKING AGREEMENTS

- **Confidentiality:** To establish an environment conducive to learning and personal growth, everyone needs to feel comfortable sharing their thoughts, feelings, concerns, challenges, insights, or other issues. Participants' personal disclosures should be held in complete confidence. Whatever is shared here needs to remain here.

**Gesture of Agreement: Index Finger over Lips (as in shhhh)**

- **Self-Determination:** Although you are encouraged to stretch yourself and try new things in this workshop, you are free to decline to participate in any activity that does not feel comfortable or "right" for you. You can simply say "pass" to any invitation or request you prefer to decline.

**Gesture of Agreement: Tap Finger on Chest**

- **Self-Care:** You are encouraged and supported in taking care of yourself throughout the workshop. This includes taking care of your physical needs, such as the need to stretch or move, use the restroom, etc., and taking care of your emotional needs, by asking for what you need to enhance your comfort and maximize your learning.

**Gesture of Agreement: Self Hug Be sure to ask for help on chat rather than going off screen.**

- **Mindfulness of Others' Needs:** As Morenotaught, we are all auxiliaries to each other. In the workshop setting, we are all both teachers and learners. Please let us have the benefit of your knowledge and skills by sharing your thoughts, feelings, experiences, and wisdom with the group. Also, please be mindful of the number of people here and share the "air- time" so that everyone has an opportunity to participate.

**Gesture of Agreement: Finger Taps Side of Head**

**[Physical Contact/Boundaries:** Psychodrama sometimes involves physical contact. For example, we might place a hand on someone's shoulder to indicate our choice in an action sociogram or hold the hand of a protagonist or other group member. Some people prefer not to be touched without permission or may have other sensitivities around physical contact. Please let us know if you have any considerations or requests related to physical contact so we can be respectful of them.]

**This is not applicable to Zoom but is a criteria we always use when working in person.**

- **Others..... ?**

Catherine D. Nugent, LCPC, TEP Laurel Psychodrama Inst. and  
Linda A. Ciotola, M.Ed, CET III, TEP, TSM Trainer [www.healing-bridges.com](http://www.healing-bridges.com)