Informed Consent
Parenting The Emotionally Extreme Teen

Costs: The cost for an 6-week class is $300, or $50 per class. Classes take place on zoom; an invitation will be sent after payment is acquired. You must cancel by March 30th for the classes starting April 2nd and you must cancel by April 1st for the classes starting April 6th in order to receive a full refund. If you cancel after these dates a partial refund will be available for $150. No refunds will be given after the class starts and there will be no exceptions.

If I miss a class for any reason I will re-schedule the class at a time in which the class was offered at a future date. If there is insufficient enrollment participants will receive a refund.

Times and dates: *Parenting the Emotionally Extreme Teen Parent Classes Spring 2026*:
Thursdays from 8:00 AM to 9:00 AM
April 2, 9, 16, 23, 30th and May 7.

Mondays from 6:00 PM to 7:00 PM
April 6, 13, 20, 27 and May 4, 11.

Class Size: Class size is limited to 10 participants. If participants wish to attend the class with a partner that person must pay and enroll separately, and show up on a separate camera for the zoom screen as an individual. While I don't have control over who is in the room with you behind or around your zoom screen, my expectation is that if you are attending and participating in the class I am accommodating only you.

Materials: Optional materials include Marsha Linehan's *DBT Skills Handouts and Worksheets*. It is recommended to have a paper/ hard copy of the book. (Electronic copies provide challenges to scrolling/ searching while attending to class discussion and exercises). These worksheets are not necessary for the class but I will be using them/ reading them as I teach. Additional materials may be made available through a portal on my website.

The class topics and contents are as follows:
Class 1: Emotion regulation basics (reactions, emotions, and frustrations)
Class 2: Our past influences our present: Your history and your values
Class 3: Dialectics and normative teen behaviors
Class 4: Validation strategies
Class 5: A-B-Cs and behaviorism: Practice strategies for describing behavior, consequences, and choices
Class 6: Sitting with discomfort, acknowledging losses, and wrap up

Structure and Participation: Classes are open to parents of teenagers or parents of (pre or post teens); anyone who is struggling with emotional reactions, having moody teenagers, addressing high conflict, losing confidence in their parenting skills, or feeling strung out with parenting. The agenda of this class is enable/ help/ support parents in using skills from Dialectical Behavioral Therapy (Understanding emotions, making sense of moods, reducing emotional suffering, interpersonal effectiveness, avoiding making situations worse/ contributing to escalations). The overall agenda is to provide solutions through managing one's own reactions and moods and to build a community of willingness to solve problems or improve their parenting by behaving with self respect and confidence.

Classes are structured around a syllabus and will include teaching and lecture points, small group discussion, experiential exercises, writing exercises and prompts, and in some cases things for you to explore/ write down/ think about and bring back between classes.

Participation is limited due to high structure of classroom setting; participants may be interrupted in order to stay on task. Participants should be mindful of taking turns/ taking up time be willing to share discussion time.

Emotional Discomfort: Talking about emotions and emotional pain can bring up a lot for people. You won't be faulted if you leave the class partway through, but please keep me posted if you plan to leave early. Once you leave I may choose not to admit you back into the class as people coming and going can be disruptive.

This Is Not A Psychotherapy Service: By attending this class you are not my client and I am not your therapist. Group or individual therapy with me is a different service with a different level of involvement. I will not be available between classes to respond to emails or disclosure information other than class logistics. By taking this class I have no obligation to take you on as a client. (This is also not a place in which we address crisis behavior or crisis management. The Boston Emergency Services Team phone number/ crisis line is 800-981-4357 and most all counties have their own emergency crisis line. Suicidal threats or behavior during the class will not be tolerated, the National Suicide Hotline is 800-784-2433. You can also call 911 and/ or ask them for the crisis line for your local county or go to the ER. Disclosures of abuse or neglect (domestic violence or disputes) will need to be reported to state authorities and will also not be tolerated as part of the class discussion).

I Prefer Not To Work With Ghosts: Participants are encouraged to show up live and on camera for the duration of the class. Participants are expected to be on time and may not be admitted to the class if they are late. All classes are live and will not be recorded. Please respect the privacy of all by not recording the class yourself. If a participant leaves the class or goes off camera for any reason during the class session, the participant may be removed from that class session. They will be allowed to re-join the next class (assuming they arrive on time and are adhering to the expectations outlined on this consent). Participants will be expected to stay muted unless they are responding or participating to class content. Participants will be on a group/ zoom format and able to see each other.

I Don't Watch Reality TV When I Teach This Class And Neither Should You: Participants must be able to sit in front of the camera and act as if they are attending/ following/ engaging in the content with a non-moving/ visually static background. It is your responsibility to to find a quiet and private place to attend the class. Participants who attend class while driving, walking around, interacting with others, sleeping, or engaging in other dual activities may be removed from the class. It is your responsibility to find a place to attend the class with minimal distractions. Your willingness to participate will also encourage a place where learning can best take place for everyone. Asking people to leave and taking people off the camera/ evicting them from the zoom room for rule violations is distracting and disruptive to all.

By signing this I understand and agree to adhere to the above stipulations. I agree to pay the class fee electronically (via Zelle) or to have my credit card charged for the amount of the class ($300) as well as a electronic/ processing fee of $5.00

Name_____

Signature_____Date_____

Please send this form to drhoekstra@reneehoekstra.com
and await for confirmation and payment link/ information.