



## Participant Agreement

Thank you for taking this first step to a smoke-free life! We welcome you to this program and ask that you respect the following guidelines established by Dr. Cooper and Dr. Clayton:

- Dr. Cooper & Dr. Clayton have designed their entire program around the use of Nicotine Replacement Therapy. Your facilitators will only be discussing the use of Nicotine Replacement Therapy and the methods developed by Dr. Cooper and Dr. Clayton.
- If you are taking any prescription medication or are under your doctor's care for any condition, you should discuss with your doctor your use of Nicotine Replacement Therapy for adjustments in medications, etc.
- To increase your chances of success, we **strongly recommend that you follow the program completely.**
- Group discussions will focus on the Cooper Clayton Method to Stop Smoking.
- Group discussion is important, but not required. If you do not feel comfortable talking in a group, you may simply say "pass."
- During group reports, please be courteous and give the participant who has the "floor" your complete attention with no interruption. All participants will have ample time to talk.
- Respect group member's opinion. Disagree with respect.
- As a courtesy and a sign of respect, please maintain confidentiality during this program. Information such as, who attends the program, or discussions that occur during meetings, should not be shared with anyone outside of the class.
- Please refrain from offensive behavior or language during group discussion.

- During group discussions, please keep self-disclosure to the topics related to your efforts to becoming a nonsmoker
- Maintain a positive attitude during group discussion.
- If you are continuing to smoke by week 6 of this program, Dr. Cooper and Dr. Clayton require that you stop coming to their program and consider starting the next Cooper/Clayton Session that is available.

I have read and understand the above program requirements.

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Participant Signature

Date