

CONSENT TO PARTICIPATE IN MIND-BODY SKILLS GROUPS

Name of Participant: _____

Name of Facilitator: Abby Carter

Date: _____

Sex: M F Non-Binary

Facilitator Credentials: Abby Carter holds a Master's of Science in Mind-Body Medicine from Saybrook University and has completed both the professional and advanced training programs with the Center for Mind-Body Medicine. These mind-body skills groups follow the Center for Mind-Body Medicine's group model. Abby is also a Registered Yoga Teacher and meditation instructor with a passion for bridging the gap between science and spirituality.

Mind-body skills groups are not a substitute for therapy. Abby is a facilitator for this group and not a licensed therapist. It is recommended that everyone who participates in these groups, (especially those with a history of trauma), have a relationship with a licensed therapist or trusted processor. Due to the nature of the group, things can come up that need additional processing outside of the group sessions. Recommendations for licensed therapists can be provided, if needed.

Definition of Mind-Body Skills Groups: Mind-body skills groups are a form of educational intervention, combining the learning of such mind-body skills as meditation, breath exercises, relaxation, and imagery, with a sharing of emotions and experiences in a small group setting. The mind-body skills group provides a setting for the development of increased self-awareness and self-discovery, along with the mastery of mind-body skills that are useful for personal health and wellness.

Purpose of Practice: The purpose of the mind-body skills group sessions is to learn skills and verbally discuss your life, personal challenges, and emotions. You are always allowed to "pass" on participation in any skills practice or to decline to discuss any topic that is uncomfortable for you. Your group facilitator will respect your choice not to share or participate, and will discuss your discomfort or reluctance, if you wish. Nevertheless, you are encouraged to participate fully for your own benefit.

Your participation remains voluntary throughout the group process.

The mind-body skills group is a setting in which you may learn useful coping skills, and gain valuable self-awareness. The mind-body skills group practice is not intended to serve as a form of diagnosis or treatment for any illness or medical condition.

Risks of Mind-Body Skills Group: **The mind-body skills group is** a non-invasive procedure considered generally safe and comfortable. It is possible that the mind-body skills group will produce some temporary anxiety or emotional distress during the sessions or following a session. We request that you advise your facilitator anytime you feel any emotional distress or upset, so corrective steps may be taken to alleviate your discomfort.

You have the right to ask questions of the facilitator, and to decline to carry out any instructions posed by the facilitator and to terminate the activity.

Confidentiality: Your responses in this training are confidential. Information you disclose in the training will not be shared with anyone. You may also refuse to answer any question(s) that might make you feel uncomfortable. By participating in this training, you also agree to keep the responses of other participants confidential and agree not to share any information disclosed in the group outside of the group.

Payment for Services: The cost of the program is \$600, regardless of whether or not you attend all the sessions. If you are on a payment plan, you are still required to fulfill your payment plan even if you miss a session (or sessions).

Legally required disclosure of information is rare in mind-body skills groups. However, should you disclose that you are a risk to your own safety or that of others, or that you are at risk to abuse a minor child, your facilitator may be legally required to disclose that risk, for your protection or that of others.

Right to Terminate Participation: You are free to withdraw from the mind-body skills group at any time without any negative consequences for yourself.

Please sign below to indicate that you have read this "**CONSENT TO PARTICIPATE AS PARTICIPANT IN MIND-BODY SKILLS GROUPS.**"

"The nature, demands, risks, and benefits of the training have been explained to you, and you agree to participate as described. Should you have any questions or concerns, please contact the facilitator, Abby Carter by phone (913) 424-0448, or email, abby@abbybethcarter.com."

Date: _____

Signature: _____