

Group Workshop Consent Form

Facilitator Information

Our workshops are delivered by provisional psychologists and psychology students under the supervision of fully registered and experienced psychologists. While our facilitators are trained in psychological principles and practices, please note:

- These workshops do not constitute psychological therapy.
- The facilitators are not fully registered psychologists and are practicing within the scope of their provisional or student roles.
- If you require individualised mental health support, we encourage you to book a session with a registered psychologist through Mind Mode or another qualified provider.

Nature and Purpose of the Workshop

The workshops aim to:

- Provide education and strategies to improve psychological well-being.
- Foster self-reflection and personal development.
- Offer group-based interaction and peer learning opportunities.

These sessions are not a replacement for individual therapy, crisis intervention, or mental health assessment.

Confidentiality and Group Safety

Creating a psychologically safe environment is a shared responsibility. We ask that all participants agree to the following:

- **Confidentiality:** You agree not to disclose any personal information shared by others in the workshop outside of the session.
- **Respect:** You will treat all attendees and facilitators with respect and kindness, even when opinions or experiences differ.
- **Camera Use:** You are expected to have your camera on for the entire session. This helps ensure safety, allows for active participation, and upholds confidentiality standards. If you are unable to comply with this requirement, please contact us in advance to discuss options.

Mind Mode and the facilitators will also respect your confidentiality. However, confidentiality may be broken if:

- There is a risk of harm to yourself or others.
- There is a legal obligation to disclose information (e.g., child protection).

Participation Expectations

By attending the workshop, you acknowledge and agree that:

- Your participation is voluntary.
- You may withdraw at any time, although fees may be non-refundable depending on the circumstances (see our refund policy).
- The workshop is for educational purposes only and does not include personal therapeutic support or mental health diagnoses.
- You will not record the session or take screenshots at any time.
- You are responsible for your own well-being and for seeking further support if needed.

Feedback and Supervision

As part of professional development and quality assurance, facilitators may reflect on the workshops with their supervisors. Any shared information will be de-identified to protect your privacy.

You may also be invited to provide feedback on your experience to help improve future workshops.

Consent

By registering for and attending this workshop, you confirm that you have read and understood the information above, and that you:

- Understand the facilitators are provisional psychologists or students, not registered psychologists.
- Acknowledge that the workshop is not a substitute for therapy.
- Agree to uphold group confidentiality and keep your camera on throughout the session.
- Accept the terms of participation and understand the limitations of the service provided.

If you have any questions or concerns, please don't hesitate to contact our team before the workshop begins.