

Information: Terms and Conditions: Trauma Psycho-education and Trauma Centre Trauma Sensitive Yoga Group

The following information is provided to orient you to the Trauma Psycho-education and Trauma Centre Trauma Sensitive Yoga Group. Please read it carefully. We require that you consent to treatment by digitally signing at the end of this form before you attend the first group session. If you have any questions or concerns that need clarification, please contact Rebecca Barns, at the Psychological Health Centre prior to the first group session.

1. Purpose of the Group

This group is designed for psycho-education about trauma and to engage in trauma-sensitive yoga practices. It is intended to provide information, self-reflection opportunities, and gentle movement practices to support participants in understanding trauma and exploring yoga.

Action: Should you require additional support, we suggest you present to a GP to discuss referral pathways or contact: The Blue Knot Foundation or Lifeline.

2. Treatment

Trauma psycho-education can be an effective way to normalise symptoms, ease coping and build skills in a supportive group learning environment. In addition, trauma centre trauma sensitive yoga (TCTSY) is an evidence based approach that can facilitate body connection and provide opportunities to experience choices.

There are possible risks associated with group participation. You might experience some emotional distress during groups, and it can take an investment of time and energy, for example you might need to make time outside session to practice new skills. The yoga may require some physical effort.

It is helpful for participants to be engaged with therapist, but it is not an exclusionary requirement, based on the value of accessibility. If the group programme provided is not effective for you, we can discuss other treatment options.

3. Attendance

You are likely to get the most benefit from the group, if you attend all sessions. No refunds will be provided for missed sessions or sessions that you are unable to attend.

Within each session, you are welcome to participate in all or some parts of the group.

4. Assumption of Risk and Liability

- Participation in yoga and psycho-education activities is at participants own risk.
- Facilitators are not responsible for any injuries, emotional distress, or adverse effects that may occur during or after participation.
- By joining the group, participants acknowledge and accept full responsibility for their well-being and agree to release facilitators from any liability.

5. Fees

You will be informed of the group cost when you initially enquire about the group. It is required that you pay the total group cost prior to the commencement of the group. Most debit and credit cards are accepted.

6. Mental Health Care Plans

If your GP has referred you on a Mental Health Care Plan under the Medicare Better Access Program, you will be eligible for a rebate for 60 of the 90 minute group sessions, for each of the six group sessions.

All payment for the group will be made ahead of time. Rebates will be paid back after attendance at each session. If you do not attend, you will not be eligible for a rebate for the missed session.

7. Refund Policy

- **Cancellation by Participant:** If an individual pays for the group and then decides before participating that they no longer wish to participate. They will receive 100% of their payment if they decide 2 weeks before the group starts, 75% a week before, 50% within the week and cancellations made within 48 hours will not be eligible for a refund.
- **Processing Time:** Approved refunds will be processed within 7-10 business days.
- **Cancellation by Facilitator:** If a session is canceled by the facilitator the group session will be rescheduled.
- **Missed Sessions:** No refunds will be provided for missed sessions or sessions that participants are unable to attend.

8. Eligibility and Participation

- This group is open to individuals seeking education and personal exploration related to trauma and yoga.
- You must be 18 years or older.
- If you have medical conditions or injury, or mental health concerns, you are encouraged to consult a qualified healthcare provider before participating.
- Participation is voluntary, and you are responsible for your own physical and emotional well-being.
- To participate, it is advised that you are able to tolerate being in a class environment for 90 minutes with possible periods of silence.
- You must be able to provide an emergency contact to attend.

Exclusion Criteria

The group is not suitable for people who are not medically stable, if their doctor or other medical professional has advised them not to participate or they are experiencing active psychosis.

Action: If you are not suitable, referral information for other therapeutic support if appropriate, will be provided.

9. Confidentiality and Group Conduct

- To maintain a safe and respectful space, you are asked to keep personal sharing confidential and respect others' privacy.
- Recording, photographing, or sharing identifiable information about participants outside the group is not permitted.

- During group you are asked not to be under the influence of illicit or heavily sedating drugs or alcohol during group.
- Disruptive, disrespectful, or harmful behaviour will not be tolerated, and facilitators reserve the right to remove participants who do not adhere to these guidelines.

10. Emotional Safety and Crisis Support

- This group may bring up strong emotions. While facilitators aim to create a supportive environment, they are not providing crisis intervention.
- If participants are experiencing distress, they will be advised to professional support from a licensed mental health provider or crisis service in their area. This will be discussed with participants prior to starting and a safety plan will be developed with all participants.

11. Trauma-Sensitive Approach and Personal Agency

- Yoga and psycho-education components are presented in a trauma-sensitive manner, meaning all participation is invitational, and everyone is encouraged to make choices that feel safe for them.
- Modifications and alternative practices will be offered, and participants are always welcome to opt out of any activity.
- Participants are not touched or physically guided at any time.

12. Modifications and Termination

- Facilitators reserve the right to modify the group format, content, or schedule as needed.
- Participants may choose to leave the group at any time, and facilitators may remove participants who do not adhere to these Terms and Conditions.

13. Reporting and Feedback Ability

- **Providing Feedback:** Participants are encouraged to share their experiences and suggestions to help improve the programme. Feedback can be provided anonymously or directly to the facilitator(s).
- **Incident Reporting:** Any concerns related to safety, instructor conduct, or group dynamics should be reported as soon as possible.
- **Confidentiality:** All reports and feedback will be handled with discretion and respect for privacy.
- **Response Time:** Reported issues will be acknowledged within 5 business days, with a resolution process initiated promptly.
- **Continuous Improvement:** Participant input is valued and will be used to enhance future sessions and maintain a supportive environment.

14. Dispute Resolution

- **Informal Resolution:** Participants are encouraged to raise any concerns with the facilitator directly to seek an amicable resolution.
- **Formal Complaints:** If a dispute cannot be resolved informally, a formal complaint may be submitted in writing, outlining the issue and the desired resolution.

- **Review Process:** Complaints will be reviewed within 14 business days, and a response will be provided outlining possible resolutions.

15. Purpose of collecting and holding information

As part of providing a service to you, group facilitators will need to collect and record personal information from you that is relevant to your current situation. This information is gathered as part of your assessment and during group work and is seen only by the group facilitators.

16. Privacy and Confidentiality

All personal information gathered by the group facilitators will remain confidential and secure except in the case of any of the following:

- i. It is subpoenaed by a court;
- ii. Failure to disclose the information would place you or another person at serious and imminent risk;
- iii. The group facilitators becomes aware that a child or young person is at risk of significant harm;
- iv. Your prior approval has been obtained to (a) provide a written report to another professional or agency such as a GP or a lawyer, or (b) discuss the material with another person such as a parent, employer or health professional.

When you provide us with a referral, it is assumed that you are consenting to the group facilitator to report back to your GP. Please advise us, if you have any concerns regarding this.

It is a requirement of professional registration that the group facilitators maintain and develop their skills through regular consultation or supervision from other health professionals who also adhere to privacy and confidentiality practices. It is possible that in order to provide you the most effective treatment, the group facilitators may discuss your treatment with their consultant/ supervisor. In this case every effort would be made to ensure that any personal details that could identify you would not be shared. If you do not want your therapist to discuss your treatment in supervision or consultation, please discuss this with them.

17. Access to Client Information

You are entitled to access to the information about you kept on file. If this is required, please discuss with the group facilitator the appropriate forms of access.

18. Contact information

We can be contacted by phone, SMS or email during business hours. Please note that our business hours vary and are not strictly 9am-5pm. Generally, we are open 8.30-5.30 Monday to Friday.

10. Urgent mental health assistance

The Psychological Health Centre phone is turned off outside of our business hours and emails are also unchecked. If you require urgent mental health assistance, we recommend that you attend your local hospital emergency department or call the Mental Health Line on 1800 011 511 or Lifeline on 13 11

I have read and understand the information above and any questions I had have been answered to my satisfaction. I understand that I will have the opportunity to ask further questions by contacting Rebecca at the Psychological Health Centre.

I understand that I can withdraw my consent and choose to stop attending the group at any time. If I choose to do this, I am not eligible for a refund of any sessions that I do not attend.

Please sign below:

Participant Name (Printed): _____

Participant Signature: _____

Date: _____