



GROUP SEMINARS INFORMED CONSENT FORM

Fees – Conscious Living Wellness Services Inc. (CL) provides psychological services in a group format at a rate of \$1,200/6-week 12 hour seminar series. Each weekly seminar is 2 hours. **Please send the 1st \$600 e-transfer installment to dr.kyla@csliving.ca at the time of registration to secure your spot and the 2nd \$600 installment after the third session.** To avoid insurance fraud, attendance is required in order to be provided a \$200 receipt after each group seminar. If you require a modified payment plan due to financial constraints, email Dr. Kyla to discuss. Registered Psychologists' fees are partially reimbursed by most extended health insurance plans and are a tax deduction.

Cancellation Policy – No refunds will be issued after payment is received except under extreme circumstances. If you discontinue attendance, it will be assumed that you have chosen to withdraw participation. Please also notify Dr. Kyla via email if you discontinue.

Medical Illness & Missed Sessions – If someone in your home has any symptoms of contagious illness please attend the seminar virtually to protect everyone's health. If you will be absent from a session due to extenuating circumstances, please notify Dr. Kyla in advance and you may attend a session in the following series at no cost.

Fit Between You and the Group – It is essential for group cohesiveness and emotional safety that participants adhere to the Group Intentions & Commitments Statement outlined at the first seminar. Please notify Dr. Kyla as soon as possible of any concerns.

Purpose/Nature of Group Sessions – Each weekly CL group hypnosis seminars will include a psychoeducational component, an experiential group hypnosis technique including an audio recording, and a group discussion. These seminars do not constitute group psychotherapy; nor are they a replacement for individual psychotherapy or conventional medical treatment. However participation in group hypnosis seminars will likely result in emotional, psychological, physical, and/or spiritually therapeutic benefits.

Hypnosis is Well-Researched, Safe, and Effective For Most People – However, it is not recommended for others. Please consult your physician, psychiatrist, or psychologist to ensure that you are a good candidate for CL group hypnosis seminars prior to participating. Your signature below indicates that you agree to not engage in the use of hypnosis techniques if you are experiencing or are at risk for a psychotic, suicidal, manic, or traumatic episode of any kind; nor while under the influence of alcohol or psychoactive drugs. Your signature also indicates that you will only participate in using hypnosis techniques when feeling emotionally and physically stable; when you are in a safe place where you can focus and relax; and that you agree to refrain from driving while using hypnosis techniques.

Risks/Benefits – There are potential risks and likely benefits to participating in group hypnosis seminars. Hypnosis is generally safe and results in beneficial effects for most people. The hypnosis techniques offered in CL group hypnosis seminars are not likely to result in any negative effects. However, if you experience overwhelming emotions during or after a group session, please notify Dr. Kyla and seek emergency medical services if necessary. It is individual group members' responsibility to obtain any individual psychotherapy or psychiatric services that may be necessary at their own expense. Conscious Living Wellness Services Inc. and Dr. Kyla Yaskowich, PhD, RPsych will not be held responsible for any potential damages incurred due to participation in CL group hypnosis seminars or the use of the hypnosis audio recordings provided.

To Achieve Maximum Benefit – Although participation is optional, your level of involvement will optimize your results. If at any time concerns or questions arise, please raise them during the group seminar or with Dr. Kyla via email.

Confidentiality – Information you share in CL group hypnosis seminars is confidential and will not be released to anyone outside CL without your consent. Exceptions to confidentiality are if you are at imminent risk of harming yourself or someone else, if a child is in danger of abuse, or if the records of CL or Dr. Kyla Yaskowich are subpoenaed by a court. For administrative purposes, limited identifying information may be provided to external consultants. Any outstanding fees will be forwarded to a collection agency after 6 months. Virtual participants will use the CL video platform which is encrypted to reduce the likelihood of breaches of privacy and confidentiality. CL group hypnosis seminars may include virtual participants. *Your signature below indicates that you agree to maintain confidential any information that is shared in the group whether you are attending in-person or virtually.*

Your signature below indicates that you understand and agree to – all of the information on this Informed Consent Form; that you have discussed any questions you have with Dr. Kyla; and that **you agree to pay the non-refundable two installment fees of \$600 via e-transfer** for the 12 hour 6-week group hypnosis seminar series. Space is limited. You are welcome to withdraw your consent and discontinue attendance any at time. **Please call me Kyla (she/her)!**

Name (Print)

Signature (original or electronic)

Date