

# **I'm Still Hot! Circle - Guided by Audrianna J Gurr, LPC**

## **Participant Agreement and Informed Consent**

Welcome to the I'm Still Hot! Circle!

This six-week program is designed as a **psychoeducational and experiential group** focused on menopause, mental health, relationships, identity, and wellbeing.

The intention is to create a thoughtful, respectful space where participants can learn, reflect, share experiences, and build greater understanding and agency.

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### **This Group Is Not Psychotherapy**

Although the group is facilitated by a licensed mental health professional and includes discussion of emotional wellbeing, participation in the I'm Still Hot! Circle does not establish an individual psychotherapy relationship and is not a substitute for individual mental health treatment or medical care.

The group does not provide individual diagnosis, treatment planning, or medical advice.

Participants are encouraged to seek appropriate medical or mental health care when they need individual assessment or treatment.

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### **Privacy and Respect**

We will treat one another's stories with care.

Participants agree not to share identifying information, personal stories, screenshots, recordings, or comments from other group members outside the group.

Because this is a group setting, we cannot guarantee absolute confidentiality. Each participant is responsible for honoring the privacy of others.

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### **Community Between Sessions**

Participants will have access to a private Circle community between live meetings.

This space may be used for:

- reflection
- responding to prompts
- sharing appropriate resources
- offering encouragement
- continuing appropriate conversation related to the week's topic

The Circle community is not intended for crisis support, psychotherapy, or continuous facilitator availability.

Participants are expected to communicate respectfully and to avoid providing unsolicited clinical, medical, or diagnostic advice to other members.

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## Live Sessions and Educational Recordings

**Live group discussion and participant sharing will not be recorded.**

This is intended to protect privacy and allow participants to speak freely during the live group experience.

Separate educational materials may be available through Circle, including pre-recorded teaching videos, handouts, reflection exercises, and other learning resources.

If a participant misses a live meeting, they may still access these educational materials and continue participating in the Circle community. A missed live meeting does not result in a refund or credit.

Participants may not independently record, screenshot, photograph, or otherwise capture any portion of a live group meeting.

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## Group Development

Groups often change as members become more comfortable with one another.

Early sessions may involve **forming and norming**, as participants learn the structure, expectations, and rhythms of the group.

At times, groups may also experience **storming**, when different needs, communication styles, opinions, or emotions emerge.

This can be a normal part of group development.

We will approach differences with curiosity, respect, appropriate boundaries, and a willingness to repair misunderstandings when possible.

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## Participation

Participants are invited, but not required, to share personal experiences.

You may choose your own level of disclosure.

Participants agree to:

- allow others space to speak
- avoid interrupting or dominating discussion
- respect differing experiences and perspectives
- speak from personal experience rather than making assumptions about others
- avoid recording or sharing another participant's story
- maintain appropriate boundaries inside and outside the group

- communicate respectfully in both live sessions and Circle discussions

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## Safety and Appropriate Support

This program is not designed to provide emergency or crisis services.

If a participant requires a level of care beyond the scope of the group, I may recommend additional or alternative support.

Participation may also be discontinued if the group is no longer an appropriate setting for a participant's needs or if group agreements are repeatedly violated.

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## Agreement

By signing below, I acknowledge that:

- ☐ I understand that the I'm Still Hot! Circle is psychoeducational and experiential and is not individual or group psychotherapy.
- ☐ I understand the expectations regarding privacy and confidentiality.
- ☐ I understand that confidentiality by other group members cannot be absolutely guaranteed.
- ☐ I understand that live group discussion will not be recorded.
- ☐ I agree not to independently record, screenshot, photograph, or capture live meetings.
- ☐ I understand the expectations for respectful participation in live sessions and the Circle community.
- ☐ I understand that I am responsible for seeking individual medical or mental health care when needed.

Participant name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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