

Client Participation Policy for Experiential Activities

This policy outlines the standards, responsibilities, and safety requirements for clients participating in experiential therapy activities (including surfing, golf, walking, movement-based and nature-based sessions). It ensures participation is informed, voluntary, and conducted in line with PACFA's Good Practice Guidelines and Australian legal standards.

Purpose

This policy ensures that clients who participate in experiential therapy activities (such as surfing, golf, walking, outdoor sessions, and other movement-based or nature-based practices) do so in a safe, respectful, and informed manner. It outlines the responsibilities of both clients and Mindswell Therapy to maintain physical and emotional wellbeing while engaging in activities outside the traditional therapy room.

Scope

This policy applies to all clients participating in experiential activities offered by Mindswell Therapy, including but not limited to:

- Surf Therapy
- Golf Therapy
- Walk & Talk Therapy
- Nature-based activities (e.g. beach, park, trails)
- Movement and mindfulness practices integrated into sessions

Client Responsibilities

Clients engaging in experiential activities are expected to:

- Provide accurate health information (physical, mental, medical conditions, injuries, medications, or mobility concerns).
- Take reasonable care of their own safety and follow facilitator guidance during activities.
- Wear appropriate clothing/footwear and use protective equipment where relevant (e.g. rash vests, sunscreen, golf shoes, hats).
- Inform the facilitator immediately of any discomfort, injury, or emotional distress during the activity.
- Respect public spaces, instructors, and other participants in shared environments.

Mindswell Therapy Responsibilities

Mindswell Therapy will:

- Ensure activities are facilitated by appropriately qualified therapists and, where relevant, certified instructors (e.g. surf or golf coaches).
- Conduct risk assessments for experiential programs and select safe, appropriate environments.
- Obtain informed consent before participation in any experiential activity.
- Provide clear guidance on expectations, boundaries, and safe conduct during activities.
- Respond appropriately to physical injury, emotional distress, or safety concerns in line with duty of care.

Informed Consent and Acknowledgement of Risk

- Participation in experiential therapy is voluntary. Clients may choose to withdraw at any time without impacting their access to other therapy services.
- While all reasonable precautions are taken, experiential activities carry inherent risks (e.g. slips, falls, environmental hazards, fatigue).
- By participating, clients acknowledge these risks and agree to follow all safety instructions provided by Mindswell Therapy and partner providers (e.g. surf schools, golf clubs).

Confidentiality in Public Settings

- Experiential activities often take place in public spaces where complete privacy cannot be guaranteed.
- Mindswell Therapy commits to maintaining confidentiality in line with PACFA's Code of Ethics, but clients are advised to be mindful of the possibility of being seen or overheard by others.

Use of External Providers

- Where activities involve partner providers (e.g. surf schools, golf clubs), clients may also be required to comply with the provider's safety rules, waivers, or terms of participation.
- Any fees, equipment hire, or incidental costs will be outlined prior to participation.

Media and Recordings

- Photos or videos will not be taken during experiential activities unless separate written media consent is provided.
- Participation in therapy is never contingent upon agreeing to media use.

Policy Review

This policy will be reviewed annually to ensure compliance with:

- PACFA Good Practice Guidelines
- Australian Consumer Law
- Relevant workplace health and safety legislation

Last reviewed: 06/09/2025 by Natalie Beach

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