

Informed Consent Agreement

Therapy Done Differently

Founder: Natalie Beach | Registered (PACFA)

Purpose of This Agreement

This document provides you with important information about therapy with Mindswell Therapy. Please read it carefully and ask questions at any time. The aim is to ensure you feel fully informed, supported, and clear before choosing to engage in therapy.

By signing, you confirm that you understand the information provided, have had the chance to clarify any concerns, and agree to participate voluntarily.

1. Important Facts About Therapy and the Therapy Process

- **What is therapy?** Therapy is a confidential, collaborative process designed to support your emotional wellbeing, help you reconnect with your values, and navigate challenges in life. At Mindswell Therapy, this may include counselling, psychotherapy, walk-and-talk therapy, surf or golf therapy, group programs, or retreats.
- **Objectives of therapy:** To increase self-awareness, improve emotional regulation, explore patterns of thought and behaviour, and support you in pursuing meaningful goals.
- **Can benefits be guaranteed?** Therapy can be supportive and beneficial, but no specific outcomes can be promised. Your progress will depend on many factors, including your own participation and readiness for change.
- **Risks of therapy:** Talking about personal experiences may bring up strong emotions. Nature-based and experiential programs may involve physical activity, which carries inherent risks. Mindswell Therapy takes all reasonable steps to create a safe environment.
- **How to maximise the process:** Attend sessions consistently, share openly, complete agreed between-session practices, and raise any concerns as they arise.

2. Important Facts About Your Therapist

- Natalie Beach, founder of Mindswell Therapy, holds a Master's in Counselling and Psychotherapy and is a member of PACFA.
- Natalie integrates evidence-based approaches (ACT, CBT, SFBT, narrative therapy, somatic and ecotherapy) with creative and nature-based modalities (surf therapy, walk-and-talk, golf therapy).
- Natalie adheres to PACFA's Code of Ethics and the Australian Government's Code of Conduct for unregistered health practitioners.

- As part of professional practice, Natalie receives regular supervision. At times, cases may be discussed in supervision, but identifying details are removed.

3. Practical Information

Hours of practice: Sessions are by appointment only. Evening and weekend sessions may be available.

Session format: Sessions may be delivered online, face-to-face, outdoors (walk-and-talk, surf, golf), or through group programs and retreats.

Session length: Standard 1:1 therapy sessions are 60 minutes unless otherwise agreed. Group programs and retreats vary in length.

Fees: Fees are outlined on the Mindswell Therapy website and booking system. A non-refundable booking fee is required at the time of booking. Full payment terms are detailed in the Terms and Conditions.

Cancellations: 24 hours' notice is required for individual sessions. Group programs and retreats have separate cancellation policies (see Terms and Conditions).

Health rebates: Please check with your provider.

Emergencies: Mindswell Therapy does not provide crisis services. If urgent, please contact 000, your GP, or:

- Lifeline: 13 11 14
- Suicide Call Back Service: 1300 659 467
- Mental Health Access Line: 1300 642 255

4. Privacy and Confidentiality

- Mindswell Therapy complies with the Australian Privacy Act 1988 (Cth). Your personal information is collected, stored securely, and only used for providing services.
- Confidentiality: Information shared in sessions is private and will not be disclosed without your written consent, except where legally required:
 - If there is a serious and imminent risk of harm to you or others
 - If abuse or neglect of a child or vulnerable person is suspected
 - If records are subpoenaed by a court.
- Records: Notes are kept securely for seven years, or seven years after a young person turns 18.

5. Client Responsibilities

To support your therapy process, you are encouraged to:

- Arrive on time for sessions and attend regularly
- Share your thoughts and feelings openly and honestly
- Ask questions whenever something is unclear
- Complete agreed between-session practices where possible

6. Acceptance by the Client

I have read and understood the information in this document. I have had the opportunity to ask questions and I agree to participate in therapy with Mindswell Therapy.

Client Name: _____

Client Signature: _____ Date: ____ / ____ / ____

Therapist Name: _____

Therapist Signature: _____ Date: ____ / ____ / ____

Policy Review

This policy will be reviewed annually to ensure compliance with:

- PACFA Good Practice Guidelines
- PACFA Code of Ethics
- Australian Consumer Law
- Privacy legislation

Last reviewed: 06/09/2025 by Natalie Beach

Thank you for choosing Mindswell Therapy.

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