



### Consent Form for Anti-Anxiety Workshop

I, \_\_\_\_\_ am the parent/guardian of \_\_\_\_\_ and wish to acknowledge that I have received and understand that this workshop is for educational purposes and should not be construed to be a form of therapy. While the content and format of this workshop do qualify as the “Practice of Psychology” put forth by the Behavioral Sciences Regulatory Board, this program is only informational. Dr. Mallory Garza is a licensed psychologist providing valuable information on how to identify and cope with anxiety, but she is not entering into a therapist/client relationship. She is presenting material in a structured way designed to provide benefits, but not intended to replace the practice of psychotherapy.

Some important differences to highlight are that the participants will not be individually assessed or provided with a diagnosis. There will not be any assessment for risk factors including, but not limited to suicidal and/or homicidal thinking, self-harm, or abuse. A workshop is not an activity covered by insurance and no records will be maintained as this is not a therapist/client relationship. It should be noted that Dr. Garza is a mandated reporter, so if she were to become aware of the abuse or neglect of a child or vulnerable adult, she would be required by law to report that information to the Department of Children and Families. Participation in this workshop is not a means to establish care at Manhattan Mental Health Services, LLC (MMHS) and follow-up care, if desired, is not guaranteed. Should you wish to seek services, you may inquire, but this is subject to clinician availability.

Every activity has the possibility of risks and benefits. Some potential risks to participation may be a realization that the anxiety being experienced is more severe than can be addressed during a group educational workshop. Individual recommendations regarding additional services will not be provided unless expressly asked by the workshop participant or the parent/guardian of the participant. Another potential risk would be discomfort associated with learning about a difficult topic and/or coming to new realizations about said topic. Participation is not mandatory and attendance will not be taken. **There will not be any refunds associated with attendance unless MMHS cancels or is otherwise unable to fulfill the obligations of providing 6 meetings (1.5 hours each) of the workshop.**

The potential benefits of the workshop are that the participants find healthy ways of managing anxious thoughts, feelings, and/or behaviors. There may be a greater understanding of how academic and social anxiety may create dysfunction in your life. It is possible you feel less distressed because your experience is normalized by virtue of the group experience. You may also learn how to communicate with your loved ones more effectively and improve relationships with others. Finally, you might see increased success at home, school and/or socially.

Participation in this activity will not be permitted until all required forms are completed and the admission fee is paid.

By signing this document, I release MMHS of any liability or adverse action that is experienced during the participation of this workshop and I understand that this program is educational and not a therapeutic service.

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Parent/Guardian Signature	Parent/Guardian Printed Name	Date
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Workshop Participant Signature	Participant Printed Name	Date
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