



Anxiety Psychoeducational Group (Live Online): Informed Consent & Agreement (2026)

This Informed Consent & Agreement is between **Piper Harris, LPC (LPC016231)** of Untangled Mind, LLC (“Facilitator”) and the undersigned participant (“Group Member”) for participation in the **Anxiety Psychoeducational Group — Live Online Format**.

Participation in this group indicates that you have read, understood, and agree to the terms below.

1. Nature and Purpose of the Group

The Anxiety Psychoeducational Group is a structured, open-entry psychoeducational group, delivered live online, designed to teach evidence-based concepts and skills related to:

- Anxiety education and the nervous system
- Foundational needs and somatic awareness
- Regulation strategies
- Attachment and anxiety
- Cognitive Behavioral Therapy (CBT) tools
- Behavioral experiments and values-based, ongoing practice

This group:

- Focuses on education, skills training, and guided reflection, not on in-depth processing of personal history or trauma.
- Is not a substitute for individual psychotherapy, trauma treatment, crisis services, or higher levels of care.
- Is intended for adults (18+) who can safely participate in a group-learning environment, from a private location, and apply tools at their own pace.

Participation in this group does not establish an individual counseling relationship or ongoing individual treatment plan with the facilitator unless you separately enroll as an individual client and complete the individual counseling informed consent and intake process.

2. Group Format and Structure

- Group Type: Open-entry, psychoeducational anxiety group, live online
- Facilitator: Piper Harris, LPC, owner of Untangled Mind, LLC
- Format: Live via video conference (Google Meet). A private, secure link is provided upon registration and should not be shared with anyone outside the group.
- Cameras: Optional. You are welcome to join with your camera off at any time; audio and/or chat participation is still expected to follow group norms (see Section 4).



- Duration: Each session is approximately 2 hours
- Frequency: Weekly on Mondays from 7 to 9 p.m. EST, subject to change
- Technology: You are responsible for a stable internet connection and a private space for the session. Untangled Mind, LLC is not responsible for interruptions due to your technology or connectivity.
- Materials: Each Level's workbook section (PDF) and session slides are included in your session fee; no separate materials purchase is required.

You may join at any point due to the open-group format. Each session is designed to be standalone and cyclical, with repeating themes and skills across seven structured sessions (Levels 1–6, with Level 5 delivered across two sessions) aligned with the Untangled Mind Pathway™.

3. Nature of Services — Group vs. Individual Counseling

This group provides psychoeducation, skills practice, and structured discussion, not individual psychotherapy.

By signing this document, you acknowledge and agree that:

- The group is **not** designed for intensive trauma processing, crisis stabilization, or treatment of acute psychiatric conditions.
- The facilitator will not complete individualized treatment plans, Good Faith Estimates, or diagnostic evaluations for group participation alone.
- Group participation does not make you an ongoing individual client of Untangled Mind, LLC unless you separately complete the required intake, assessment battery, and individual counseling informed consent.
- You are encouraged to maintain or seek your own individual therapist or psychiatrist, especially if you are working with high-level anxiety, trauma, or other complex mental health concerns.

Some exercises may touch on personal experiences or emotions — including reflective exercises on relational or attachment patterns (Level 4), but any deeper exploration beyond the psychoeducational scope should be taken to your individual therapist or prescriber.

4. Group Member Responsibilities

To support safety and effectiveness, you agree to:

- Participate in a respectful, non-disruptive manner.
- Refrain from shaming, preaching, or attempting to “fix” other group members.
- Join each session from a private location where others cannot overhear group discussion.



- Maintain confidentiality about other members (see Section 5).
- Use the tools and content within your own limits and at your own pace — camera may remain off at any time.
- Monitor your own emotional state and step back, pause, or seek support as needed.
- Bring any concerns about the group, content, or process to the facilitator in a direct and respectful way.

If you are currently in individual therapy or psychiatric care, you agree to let your provider know you are participating in this group, as appropriate.

5. Confidentiality in a Group Setting

Confidentiality is essential, but it is limited in a group environment and an online format introduces additional considerations.

The facilitator is bound by professional and legal standards of confidentiality, including the limits under Georgia law (such as mandated reporting of abuse, danger to self or others, or court orders/subpoenas).

However, group members are not licensed professionals and are not bound in the same legal way. For that reason:

- The facilitator will strongly emphasize that all members must keep personal information shared in the group strictly confidential.
- You agree not to disclose the name, identifying details, or personal information of other members outside of the group.
- You understand that the facilitator cannot guarantee that other members will always maintain confidentiality, even though it is strongly expected and requested.
- No recording, screen recording, screenshotting, or photographing of any group session, participant, or material is permitted by any member, at any time.
- You understand that video-conferencing technology carries inherent privacy and security limitations beyond the facilitator's control (e.g., unauthorized access to your own device or network).

Limits of Confidentiality (Facilitator):

The facilitator may be legally required to break confidentiality in situations such as:

- Suspected abuse or neglect of a child, elder, or vulnerable adult
- Credible risk of serious harm to self or others
- Court orders, subpoenas, or situations required by law
- Professional consultation (de-identified, as allowed by ethical standards)



All Untangled Mind content (including the Untangled Mind Pathway[™] and related materials) is protected intellectual property and may not be reproduced, redistributed, or shared outside the group.

6. Faith, Worldview, and Scope of Practice

As noted in the practice-wide informed consent, Piper Harris is a conservative Catholic Christian, and her worldview informs her work. This group:

- Integrates evidence-based CBT and psychoeducation with an understanding of human beings as physical, psychological, social, and spiritual.
- Is not a Bible study or religious group, and clients of any or no faith are welcome, provided they engage respectfully.
- Will not accommodate attempts to use the group to undermine, attack, or coerce the facilitator's religious beliefs or to disrupt the group environment.

By participating, you acknowledge this foundational aspect and agree to maintain a mutually respectful, professional atmosphere.

7. Risks, Benefits, and Iatrogenic Statement

As with all mental health–related activities, there are potential risks and benefits.

Possible Risks:

- Emotional discomfort (e.g., anxiety, sadness, frustration, or fatigue) during or after sessions
- Surfacing of past experiences or beliefs that feel distressing — particularly during reflective exercises on relational or attachment patterns (Level 4)
- Feeling temporarily worse before you feel better as you confront patterns and tools
- Possible interpersonal discomfort when sharing in a group setting
- Technology or connectivity disruptions inherent to a live online format

Because this is a structured psychoeducational group, you will not be asked to disclose detailed trauma narratives or engage in high-intensity exposure in-session. Behavioral exercises focused on gradual exposure (Level 5) involve planning and rating only — not live exposure practice during session. Still, you may encounter material that feels activating or confronting.

Iatrogenic Statement:

Despite best efforts, it is possible that some exercises, topics, or interpretations may feel unhelpful or may temporarily increase distress. You are encouraged to communicate openly with the facilitator if:

- You feel a particular exercise is too intense



- You notice increased symptoms after the group
- You feel unsure whether the group is appropriate for your current level of functioning

The facilitator will support you in adjusting participation, slowing down, or referring you back to individual therapy or higher care if needed.

Possible Benefits:

- Increased understanding of anxiety and the nervous system
- Enhanced awareness of somatic cues and regulation strategies
- Better recognition of cognitive distortions and unhelpful patterns
- Practical tools for managing anxiety in daily life
- A sense of shared experience and reduced isolation — accessible from home, at your own comfort level

No Guarantees:

As with all mental health work, no outcomes can be guaranteed. Group is a tool, not a cure. Your benefit will depend heavily on your willingness to engage, reflect, and apply skills outside of the session.

8. Fees, Payment, and Cancellations (Group Only)

- Group Fee: \$45 per two-hour live session — includes that session's PDF workbook excerpt and slide materials

Payment:

- Group fees must be paid prior to each session, via the registration/booking link provided.
- Due to the open-group format and reserved seat, missed sessions are non-refundable.

Your participation in this group does not alter any existing agreements, fees, or policies related to individual counseling or other services with Untangled Mind, LLC.

9. Attendance, Appropriateness, and Termination from Group

Because this is an open psychoeducational group:

- You may attend as often as you choose, provided you remain in good standing (behaviorally and financially).

The facilitator may determine that the group is not appropriate if:

- Your symptoms require a higher level of care



- Your behavior is disruptive, hostile, or unsafe
- You are unable to honor confidentiality or group boundaries

In such cases, you may be asked to discontinue the group, and referrals may be provided when appropriate. Termination from the group does not prevent you from seeking other types of care.

10. Crisis, Safety, and Scope Limitations

This group does not provide:

- Crisis intervention
- Emergency response
- 24/7 access to the facilitator
- In-person assistance of any kind, given the live online format

If you are in crisis (e.g., suicidal thoughts with intent, thoughts of harming others, or unable to maintain safety), you must:

- Call 911 or go to the nearest emergency room, or
- Call or text the Suicide & Crisis Lifeline at 988

You are responsible for identifying your own local emergency resources, as the facilitator cannot dispatch assistance to your physical location in an online format. Group is not designed to stabilize acute crises and must never be your sole crisis plan.

11. Contact and Communication

Piper Harris, LPC

Untangled Mind, LLC

Phone: (770) 317-1126

Email: info@untangledmind.net

Group-related questions can be directed to email or voicemail. Response time is generally within 1 business day (Monday–Thursday, excluding holidays). Email is not appropriate for crisis situations.

12. Acknowledgment and Consent to Participate

By signing below, you acknowledge that:

- You have read and understood this Anxiety Psychoeducational Group (Live Online) Informed Consent & Agreement.
- You understand the difference between this group and individual psychotherapy.
- You understand the limits of confidentiality, especially in a group and online setting.



- You agree to honor the privacy of other group members and not share their information, or record any session, outside of group.
- You understand the fees and attendance expectations.
- You understand that group participation is voluntary and that you may withdraw at any time, although fees for past or missed sessions are still due.
- You understand that this group is psychoeducational in nature and not intended as individual psychotherapy, emergency care, or a substitute for medical or psychiatric treatment.
- You understand that cameras are optional and that you are responsible for joining from a private location and maintaining a stable connection.

You consent to participate in the Anxiety Psychoeducational Group (Live Online) with Untangled Mind, LLC and facilitator Piper Harris, LPC.