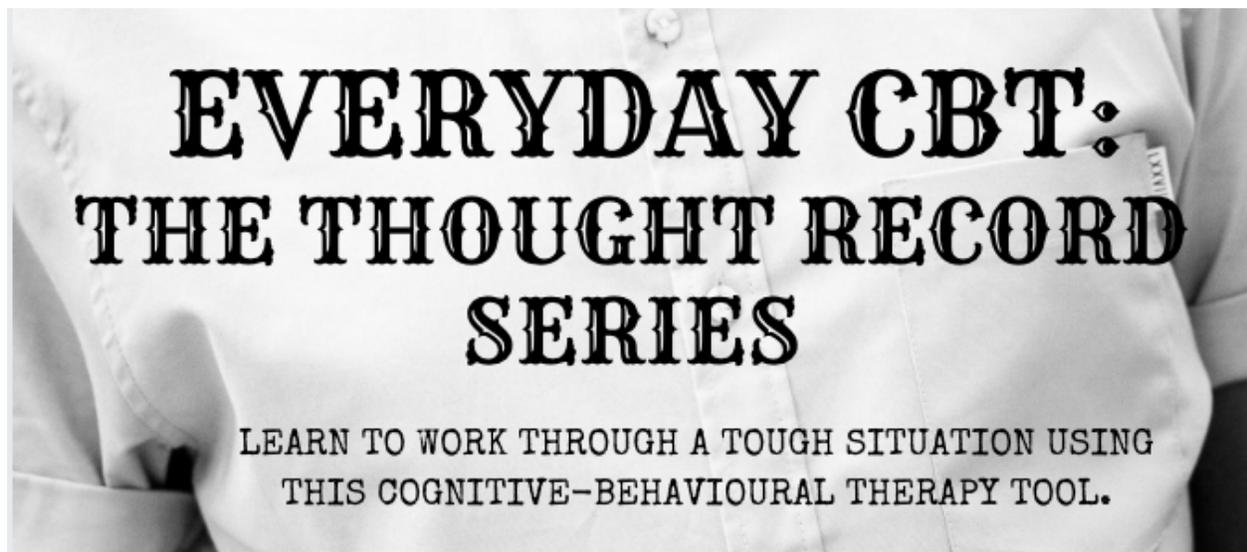


## Confirmation of Enrollment & Informed Consent



### About You ("the participant")

Name and pronouns: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone number: \_\_\_\_\_

During the recording, my webcam will be (highlight one):            **ON**            **OFF**

During the recording, I'd like to go by (name): \_\_\_\_\_

### About Me ("the facilitator")

Rahim Thawer, MSW, RSW is a registered social worker licensed in the province of Ontario, Canada. He is a racialized queer psychotherapist that operates from a harm reduction, trauma-informed, sex-positive and anti-oppressive perspective. He has been providing individual therapy services for over a decade and currently provides clinical supervision to other clinicians. He also teaches as a sessional lecturer and is interested in making therapeutic knowledge interventions more accessible to QTBIPOC communities.

## This project

This project began with a trial simulation between the facilitator and a sex researcher and can be found [here](#). *Everyday CBT: The Thought Record Series* has been designed to function as a **video podcast** with pre-recorded episodes that will be released on a monthly or bi-monthly basis at the discretion of the facilitator on his personal YouTube channel. Some episodes *may* also be released as audio podcasts.

## Objectives

| <u>PARTICIPANTS</u>   | <u>FACILITATOR</u>  | <u>VIEWERS</u>  |
|---|---|---|
| <ul style="list-style-type: none"><li>-Receive one free CBT coaching session</li><li>-Provide new practical skills</li><li>-Facilitate deeper insight</li></ul> | <ul style="list-style-type: none"><li>-Create a clear model for what anti-oppressive and sex-positive CBT interventions can look like in practice.</li><li>-Build a YouTube following of people specifically interested in mental health intervention skills, including therapist trainees.</li></ul> | <ul style="list-style-type: none"><li>-Demystify CBT</li><li>-Reduce the stigma of seeking support</li><li>-Make therapeutic skills and tools more accessible</li></ul> |

## Process

Initial call: The participant will have an initial call with the facilitator to identify a situation (from the recent past or present) that can be analyzed using a thought record. It can be a real situation or a simulated one. See below for sample situation ideas. This call will not be recorded. The participant will let the facilitator know at this stage about their preferences around using a webcam and name/pseudonym.

Recording date: the facilitator will use Zoom's share-screen feature to work through a thought record with the participant in real-time. This will be based on the initial conversation and agreed-upon topic/situation. This will take approximately 60 minutes and will be recorded.

Outputs: The participant will receive a soft copy of their completed thought record at the end of the recorded session. The video recording will be uploaded to the facilitator's YouTube channel along with a link to a PDF of the completed thought record. Both will be available to viewers. The YouTube videos will serve as learning modules for therapist trainees and the online community of fellow mental health geeks!

## Situations to examine

Identifying a situation to analyze can be challenging and sometimes time-consuming. However, if the participant can identify a difficult emotion (e.g. anxiety, anger, fear, shame,

ambivalence, sadness) they sometimes struggle with, the facilitator can help them identify a specific situation that will be worthwhile to examine during the recorded thought record exercise.

#### Examples of situations that can be examined using this tool:

*dread before visiting family*

*avoidance around making a call*

*apprehension with beginning a relationship conversation*

*shame in gendered spaces, dysmorphia/anxiety about body image*

*impulsive tendencies around substance use / online shopping*

Thought records are intended to support participants when we can appreciate that there are [unhelpful thought patterns](#) and intense emotions that might be holding them back. Thought records **are not helpful if** an emotional experience is appropriately indicative of a threat in a person's social environment. For example, if a person feels anger at social injustice or terror as a function of intimate partner violence, those emotions are a signal of very real threats and cannot be relegated to the sphere of unhelpful thought patterns.

### Privacy and limitations

The facilitator will commit to maintaining the use of the participant's pseudonym--if they choose one--during AND after the recording.

The facilitator will make attempts to increase privacy but cannot promise anonymity. By participating in this video podcast, the participant recognizes that they are making their personal struggle available for public consumption. While we can alter webcam settings and choose pseudonyms, voices cannot be altered. Further, the facilitator is not able to curtail or contain the distribution of the completed and uploaded video or audio files.

### Rights and ownership of materials

The video and audio files produced in this video podcast are the sole property of the facilitator. The completed thought record, which bears the first name/pseudonym of the participant, is the intellectual property of the facilitator. The resulting media and documented outputs of the video podcast can be used and shared by both the facilitator and the participant as they wish.

### Professional Liability

This is a video podcast and its use of CBT tools are in no way intended to be a substitute for psychotherapy or other professional mental health services. Further, participation in this video podcast must be appreciated as a one-off coaching session and is not an entry point into long-term therapeutic services with the facilitator. If a need for services and further support is identified, the facilitator may provide referrals but the responsibility to take further action rests exclusively with the participant.

## Informed-Consent

By signing below, I am confirming that:

1. I am over the age of 18 and have a clear and undisputed capacity to consent to participate in this video podcast which will engage with issues related to my personal mental health.
2. My participation is completely voluntary.
3. I have read and understood the objectives and scope of this video podcast.
4. I have had an opportunity to ask questions in advance of any recording.
5. It is my responsibility to make sure my webcam video is off (if desired) during the recording and that the facilitator knows the chosen name (or pseudonym) that I'd like to go by for the duration of the recording.
6. Once the recording is complete AND uploaded to the facilitator's YouTube channel, it cannot be "unshared".
7. The video and audio outputs of this activity are the sole property of the facilitator.
8. My engagement and participation in this activity is in no way a substitute for professional mental health services.

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Signature

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dd / mm / yyyy