



Confirmation of Enrollment & Informed Consent

About You ("the participant")

Name and pronouns:

Email address:

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

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

About Us ("the hosts")

Rahim Thawer, MSW, RSW is a registered social worker licenced 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 more people, but in particular QTBIPOC communities.

Christy Ogle **BSW, MSW, RSW** is a Registered Social Worker in the provinces of Ontario and Nova Scotia (for virtual services in NS.) She is a queer therapist, wife and mom to an energetic young kid. She has been supporting folks in a variety of community settings for about 15 years, recently making the shift to private practice. She speaks French and enjoys supporting people with their mental health, difficult life experiences, and trauma. She uses an anti-oppressive and strengths-based approach.

<https://christyogletherapy.ca/about/>

Daniel Pugh BSW, MSW, RSW is a Registered Social Worker and Psychotherapist with a trauma-informed (hybrid) practice in downtown Toronto. Daniel's eclectic approach draws from cognitive-behavioural and psychodynamic therapy modalities (i.e; CBT, DBT, EFT, mindfulness, trauma recovery). His practice is rooted in values of harm reduction,

queer/trans-affirmation, sex-positivity, anti-oppression, anti-racism and anti-colonization - each of these explored in practice and principle. Daniel has experience working with LGBTQ+, HIV, trauma & PTSD, problematic substance use/addiction, and more.

Background

This project began with a trial simulation between the host and a sex researcher and can be found [here](#). *The CBT Dive* 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 host on his personal YouTube channel. All episodes will also be released as audio podcasts.

Objectives

<u>PARTICIPANTS</u>	<u>HOST(s)</u>	<u>VIEWERS</u>
-Receive one free virtual CBT coaching session	-Create a clear model for what anti-oppressive and sex-positive CBT interventions can look like in practice.	-Demystify CBT
-Receive new practical skills	-Build a YouTube following of people specifically interested in mental health intervention skills, including therapist trainees.	-Reduce the stigma of seeking support
-Gain deeper insight		-Make therapeutic skills and tools more accessible

Process

Initial call: The participant will have an initial call with one of the hosts to identify a situation (from the recent past or present) that can be analyzed using a thought record or other CBT tool. 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 host know at this stage about their preferences around using a webcam and name/pseudonym.

Recording date: The host will use video conferencing software and in particular, the share-screen feature, to work through a thought record (or other CBT tool) 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.

Editing and Promotion: Editing of all media will be contracted out to a third-party. Video recordings will be edited significantly for length. An audio version of the recording will be released as a podcast. Both video and audio materials will be used across social media platforms for promotional purposes. This includes, but is not limited to, YouTube, Buzzsprout, Instagram, Threads, LinkedIn, and TikTok.

Outputs: The participant will receive a PDF copy of their completed thought record at the end of the recorded session. The edited video recording will be uploaded to the host's YouTube channel (thecbtdive.ca) and the audio version will be shared as a podcast. The YouTube videos will serve as learning modules for therapist trainees and the online community of fellow mental health geeks! The audience for the podcast varies with each episode given that the topics can vary vastly.

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

The host 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 story available for public consumption. While we can alter webcam settings and choose pseudonyms, voices cannot be altered. Further, the host 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 CBT Dive, which is owned and operated by Rahim's ACPS Ltd. The completed thought record (or other CBT tool), which bears the first name/pseudonym of the participant, is the intellectual

property of Rahim’s ACPS Ltd. The resulting media and documented outputs of the video podcast can be used and shared by both the podcasters and the participants as they wish.

Professional Liability

This is a video podcast and its use of CBT tools is 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 host. If a need for services and further support is identified, the host 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 host 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 host’s YouTube channel, it cannot be “unshared”.
7. The video, audio and other outputs of this activity are the sole property of the host.
8. The video and audio recordings will be edited for length and shared across multiple social media platforms.
9. My engagement and participation in this activity are in no way a substitute for professional mental health services.

Participant Signature

dd / mm / yyyy