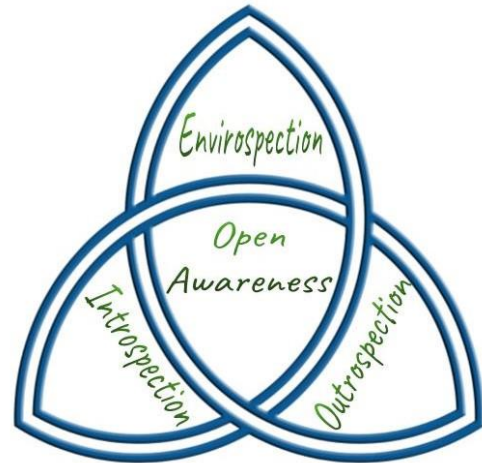


# Open Awareness Session Agreement Form

## What is Open Awareness (OA)?

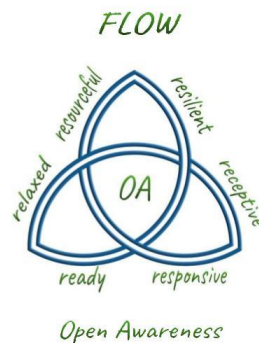
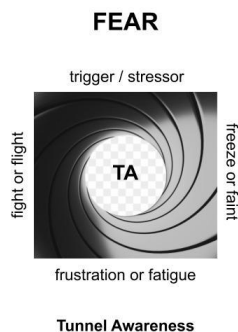
OA is an expansive perception that promotes a resourceful state and the following qualities:

- *Introspection* – metacognitive awareness in which we can mindfully observe mental activities, emotions and somatic experience
- *Outrospection* – heightened awareness of others and the ways that we relate to them, which cultivates empathy and compassion
- *Envirospection* – broad awareness of the space around us which connects us to everything in the environment and the cosmos



Applied OA is naturally *eco-logical* – beneficial for you, others, and the world (*win-win-win*).

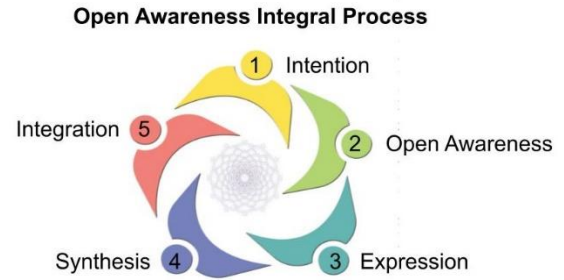
## How can OA help you?



Fear and stress trigger *tunnel awareness* (TA), sparking the mind and body's emergency defence mechanisms. Problems arise when TA is provoked unnecessarily, causing us to react negatively or destructively. If unresolved, high levels of fear or stress can result in serious health or relationship issues. By activating OA, we access a range of more positive, resourceful, and health-promoting responses that stimulate *flow*.

## How can OA help groups & organizations?

The OA Integral Process enables groups to harness their collective consciousness and combined creativity to achieve *win-win-win* results. These outcomes are typically beneficial for all individuals in the group, including the group as a whole, and the broader population.



### OA sessions are not:

- Intended to diagnose, treat or cure any mental health or medical conditions.
- A replacement for psychotherapy or psychological counselling.

**See OA session agreement on the following page.**

## **OA Facilitator responsibilities**

By agreeing to facilitate OA sessions with the client named below, I, as the OA Facilitator named below will:

- Maintain high regard for client confidentiality and the privacy of their personal information.
- Avoid any unethical behaviours and abide to the [IACTM Code of Ethics](#).
- Work in a client centred manner at all times during the facilitated process.
- Ensure that the client leaves each session in a resourceful and grounded state.
- Show up on the agreed date and time for each session.
- Commit to the arrangement made with the client - in terms of the amount of sessions, location and duration - whether verbal or in writing.

## **Client's responsibilities**

By agreeing to OA sessions with the OA Facilitator named below, I, as the client named below will:

- Not engage in OA sessions without parental permission if I am under 18 years of age.
- Not hold the OA Facilitator responsible for any negative states that I might experience either during or after the session(s).
- Not hold the OA Facilitator responsible for any loss, damage or negative consequences that may result from the session(s).
- Avoid any unethical behaviours.
- Show up on the agreed date and time for each session.
- Commit to the arrangement made with the OA Facilitator - in terms of the amount of sessions, location and duration - whether verbal or in writing.

Client name:

OA Facilitator name:

Date:

Date:

Signature:

Signature: