

PCAB Psychological Non-liability Agreement

1. The Pacific Center for Awareness and Bodywork (PCAB) is a massage therapy school that offers a pre-licensing program that exists for the purpose of training future massage therapists.
2. Both massage therapy and mindfulness practices have psychological impacts. PCAB's training program is designed to properly educate students about these impacts and how to best address them.
3. Because massage and mindfulness have psychological impacts, PCAB teaches ways to provide self-care, and PCAB also encourages students to find support from psychological professionals if necessary. Therefore, I will not hold PCAB or any of its staff or instructors liable for any psychological harm or distress resulting from participating in the program.
4. No part of PCAB's massage therapy program (including the communication and mindfulness tools and exercises) constitutes or implies psychotherapy or counseling services, nor psychotherapy or counseling training. Talking with an instructor, including instructors who are also licensed psychotherapists and counselors, inside or outside of class, does not constitute psychotherapy or counseling.
5. PCAB does not provide psychological services. Therefore, I will not hold PCAB or any of its staff or instructors liable for not providing psychological services, and I will not make claims that psychological services were provided.
6. The Self-Inquiry and Professional Training Groups offered outside of the program are optional opportunities to grow as a massage therapy practitioner and grow more support amongst your classroom peers. It does not constitute or imply psychotherapy or counseling services, nor psychotherapy or counseling training. Therefore, I will not hold PCAB or any of its staff or instructors liable for any psychological harm or distress resulting from participating in the self-discovery groups.
7. It is the student's responsibility to assess whether s/he needs psychological support and to seek out that psychological support outside of school. Therefore, if I want or need to seek out psychological support, I will do so on my own.
8. There are both potential benefits and risks in engaging in psychotherapy. Risks include bringing up unpleasant memories, unpleasant feelings, and a sense of instability, all of which could negatively impact learning and general day-to-day functioning.
9. PCAB provides a list of psychotherapists in the local area who have expressed willingness or availability to work with PCAB students. This list is provided in good faith to make finding an available therapist easier. It does not constitute a recommendation or endorsement, and PCAB makes no claims about the quality of services provided by anyone on the list.
10. Some of PCAB's instructors are licensed psychotherapists or counselors. If a student chooses to seek out psychological services from one of PCAB's licensed psychotherapists, s/he is making an informed choice for which s/he is wholly responsible, and PCAB is not responsible for the client-therapist relationship entered into. Therefore, I will not hold PCAB liable for any psychological harm or distress resulting from participating in psychological services with a psychotherapist who is also a PCAB instructor.
11. Each student is personally responsible for the psychological support services that s/he engages in. Therefore, I will not hold PCAB or any of its staff or instructors liable for any psychological harm or distress caused by participating in any psychological services.

By signing below, I attest that I have read, understand, and agree to all of the above.

Signature: _____

Printed Name: _____ Date: _____