



# Imaginal Pattern Studies

## *Participant Agreement*

This agreement outlines the mutual commitments between you and me for your participation in the first Imaginal Pattern Studies cohort. Please read it fully before signing. By signing and submitting payment, you confirm your place in the cohort.

### **What You Are Participating In**

Imaginal Pattern Studies is a developing methodology that uses designed writing exercises to surface unconscious patterns. This is the first cohort. You are participating in the early stage of a new body of work. The exercises, the reading framework, and the overall structure are being refined through this process. Your participation and feedback will directly inform how the methodology develops.

This is not therapy, counseling, coaching, or a substitute for mental health treatment. I am not a licensed therapist. The exercises are designed to bypass conscious defenses and surface imaginal material that may include emotionally charged content. This is by design. If you are currently in active treatment for severe or acute mental health conditions, please consult your provider before participating.

If at any point during the cohort you feel the exercises are activating material that requires professional support, you are encouraged to seek that support. Continuing with the exercises is always your choice.

### **Your Commitment**

The cohort runs for six weeks. The method is cumulative — each exercise builds on the previous ones, and the reading framework introduced in week four depends on having completed the first three exercises. Partial participation does not produce the intended result.

By signing this agreement, you commit to:

- Completing all five exercises within the designated submission windows
- Attending both live group sessions (Week 1 and Week 4) or notifying me in advance if you cannot attend
- Completing the written reflection survey after Week 6
- Engaging with the material honestly. The exercises only work if you write what actually comes, not what you think should come

If circumstances arise that prevent you from continuing, please communicate with me directly. Life happens. But the commitment you make here is real, and the cohort depends on each participant following through.

## **My Commitment**

I commit to:

- Reading every exercise submission you send me personally and in full
- Preparing and leading both live group sessions
- Providing the reading framework and observation lenses in Week 4
- Offering an optional one-on-one conversation after the cohort for any participant who wants it
- Protecting the confidentiality of your submissions as described below

## **Confidentiality**

**What I agree to:** Your exercise submissions are seen only by me. I will not share your material with other participants, publish it, or distribute it in any form that could identify you. If I use any material from this cohort in the ongoing development of the methodology — including in future cohorts, written materials, or public descriptions of the work — all identifying details will be removed. Your material will be fully anonymized.

During the Week 4 session, I may use an anonymized excerpt from a participant's output to demonstrate the reading lenses. If you prefer that your material not be used for this purpose, even anonymized, please indicate below.

**What you agree to:** Anything shared by another participant during the live group sessions stays in that room. You will not repeat, reference, or share another participant's words, stories, or responses outside of the session. This is not optional. The container only works if everyone in it can trust that what they say will not leave.

## **Use of Anonymized Material**

Please select one:

- I consent to my anonymized material being used during the Week 4 session and in the ongoing development of the Imaginal Pattern Studies methodology.
- I prefer that my material not be used, even in anonymized form.

*Either choice is fully respected and will not affect your experience in the cohort.*

## **Materials**

The exercises, reading framework, and all materials provided during this cohort are my intellectual property and are shared for your personal use only. Please do not distribute, reproduce, or share them with anyone outside the cohort.

## **Payment and Refund**

The fee for the full six-week cohort is [PRICE], due in full before the first live session.

If you choose to withdraw before the first exercise is issued, you will receive a full refund. After the first exercise has been issued, no refunds will be provided. This policy exists because the cohort is small and your spot cannot be filled once we begin.

By signing below, I confirm that I have read this agreement in full, I understand what participation involves, and I am entering this cohort voluntarily.

Participant Name

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Signature

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Date

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Email Address

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Please return this signed agreement and payment to confirm your participation.

If you have any questions before signing, reach out to [info@imaginalpatternstudies.com](mailto:info@imaginalpatternstudies.com).