

# Medical Disclaimer for the Self Empowerment Foundation

Including Contraindications for Self-help services and events.

## Introduction

This medical disclaimer is intended to inform clients, prospective clients, and interested parties regarding the scope, limitations, and appropriate use of our self-help services (including 1-1 appointments) provided by the Self Empowerment Foundation and all trading names including, The SEJ, The Spiritual Way and Stay Mentally Healthy. The disclaimer also outlines general contraindications to the self-help services including the SEJ Process, helping ensure that all individuals receive the most suitable and safe care for their unique situations.

## Scope of Practice

The self-help services and training events offered by our organisation include—but are not limited to—The Self Empowerment Journey – SEJ Process, healing and meditation groups, spiritual development classes, groups, workshops and consultations. These services are educational, for informational purposes only designed to support mental and emotional wellbeing and facilitate personal growth. The SEJ Process is evidence-based, accredited and delivered by insured professionals.

## General Disclaimer

This website and the information provided by the Self Empowerment Foundation and all trading names, consultants and trainers are intended for informational and educational purposes only and do not constitute medical advice. Our services and events are not therapy or counselling and are not a substitute for professional medical diagnosis, treatment, or care. If you have any specific medical concerns or need medical advice, please consult with a qualified healthcare professional. Do not disregard or delay seeking professional medical advice because of information you have received from this website, any of our social media or any consultant or trainer under the Self Empowerment Foundation and all trading names. Individuals with pre-existing mental health conditions or those under the influence of substances should consult with a healthcare professional before engaging in any therapeutic or self-help activities.

- The SEJ Process, self-help services and training are not therapy or counselling, and are not a substitute for emergency medical care, nor is it intended to replace the advice, diagnosis, or treatment provided by medical doctors, psychiatrists, or other healthcare providers.
- Clients are encouraged to consult with their primary healthcare provider about any health concerns or before making changes to their health regimen based on information or advice received in our self-help services and training.
- No guarantees can be made regarding specific outcomes from our services and training as progress depends on a variety of complex personal and environmental factors.

- Our services and training events are confidential within the bounds of the law, but certain exceptions apply (e.g., if there is a risk of harm to self or others, or if required by court order).
- Any medical information referred to in any event, workshop, self-help service, 1-1 appointment, website, social media platform, as part of the Self Empowerment Foundation and trading names or included in the health information on this website and social media is given as information and educational only and is not intended:
  - As medical diagnosis or treatment
  - To replace consultation with a qualified medical practitioner
  - To advocate or recommend the purchase of any product or to endorse or guarantee the credentials or appropriateness of any SEJ/SMH Consultant/Trainer or external service provider.
- We strongly suggest you consult a healthcare professional for specific advice about your situation.

## Contraindications to our self-help services/events including the SEJ Process

While our services can be highly beneficial, it is not appropriate for all individuals or in all circumstances. The following section outlines some general contraindications to our self-help intervention. These are not exhaustive, and a thorough assessment is always recommended.

### 1. Medical Emergencies

Our services and training events are not appropriate in situations of acute medical or psychiatric emergencies. Individuals experiencing any of the following should seek immediate assistance from emergency services:

- Severe suicidal thoughts or actions
- Active risk of harm to self or others
- Psychotic episodes or loss of contact with reality
- Severe withdrawal from substances requiring medical supervision
- Acute trauma or injuries requiring urgent medical attention

In these instances, call emergency services (such as 999), visit the nearest emergency room, or contact a crisis helpline for immediate support.

### 2. Certain Medical Conditions

Our self-help services are not substitutes for medical treatment. Individuals with certain medical conditions may require clearance from a medical doctor/GP before starting or continuing with our self-help services, especially if:

- There are symptoms suggestive of an untreated or unstable medical illness (e.g., seizures, severe headaches, unexplained pain, or cognitive changes)
- The client has been advised by a healthcare provider to avoid psychological interventions for specific reasons

### 3. Inability to Participate Effectively

Some cognitive or intellectual disabilities, severe developmental disorders, or active intoxication from substances may limit an individual's capacity to participate meaningfully in our services. In such cases, alternative or additional interventions may be recommended.

### 4. Legal or Ethical Barriers

Our Consultants and Trainers are bound by legal and ethical guidelines. Our services and training events may be contraindicated if:

- There is an ongoing legal investigation that prohibits self-help engagement
- The consultant or trainer has a conflict of interest or dual relationship with the client
- The client is seeking services outside the consultant or trainer's scope of competence or licensure

### 5. Treatment Refusal or Non-Compliance

Our self-help services are a voluntary process. If a client or student is unwilling or unable to participate, refuses to provide necessary information, or has repeatedly not complied with essential aspects of service provision their service may be delayed, modified, or discontinued, and appropriate referrals may be suggested.

## Client Responsibilities

Clients are urged to:

- Provide complete and accurate information regarding their medical, psychological, and social history
- Inform the consultant or trainer of any changes in their mental or physical health status
- Actively participate in the self-help services and training events and collaborate in setting goals
- Take full responsibility for any actions required on their part to enhance their wellbeing provided or guided by a Consultant or Trainer
- Attend appointments on time and adhere to Cancellation Policy
- To contact consultants and trainers outside of arranged sessions/events only for the purposes of arranging or cancelling sessions
- Seek immediate help from medical or emergency services when necessary
- Understood that my consultant/trainer has the right to decline to work with me at any time if I present a risk to their health and safety, or the health and safety of others, or if my behaviour is deemed unacceptable.

## SEJ and SMH Consultants/Trainers Responsibilities

We are committed to:

- Conducting thorough assessments such as a Wellbeing Assessment to determine the appropriateness of self-help service provision
- To explaining all services are self-help and we do not offer therapy or counselling
- Identifying and communicating any contraindications or limitations to treatment

- Referring clients to appropriate medical or psychiatric providers when indicated
- Maintaining client confidentiality, except where disclosure is required by law e.g. where there are exceptions including when there is a reasonable doubt about a person's safety or the safety of others
- Engaging in ongoing professional education to ensure the provision of current and ethical care

## Limitations and Risks of Self-help services and training events

- Our services can evoke strong emotions or discomfort as part of the healing process
- There may be temporary increases in symptoms before improvement is observed
- Our services and training events may not be effective for everyone, and some may require alternative or adjunctive treatments

Clients are encouraged to speak openly about any concerns or adverse effects experienced during their self-help services or training events.

## Consultation with Other Professionals

Clients may sometimes benefit from being sign posted to other services. Consent will be obtained before sharing any personal information.

## Informed Consent

Engagement in our services and training events are based on informed consent. Clients and students have the right to ask questions, decline particular interventions, or withdraw from services/events at any time.

## Updates and Revisions

This disclaimer may be updated periodically to reflect changes in law, ethical standards, or clinical practice. Clients and students will be notified of significant updates and encouraged to review the disclaimer regularly.

## Contact and Emergency Information

If you have any questions about this disclaimer or about the appropriateness of our self-help services for your current situation, please contact the SEJ or SMH Consultant/Trainer directly. In case of emergency, do not wait for a scheduled session—contact emergency services immediately.

## References and Supporting Documents

- Website Disclaimer

- Privacy Notice
- Funding Applications Policy and Procedures
- Cancellation Policy
- Young Person's Service Agreement

## Conclusion

This disclaimer is provided to ensure transparency, safety, and ethical care for all clients and students. Your wellbeing is of utmost importance, and our services/events are most effective when delivered in collaboration with other appropriate health resources as needed. By acknowledging this disclaimer, you agree to seek help that best supports your health and wellness, and to use our self-help services/events within the intended scope and guidelines.

### **Policy Review Date:**

This policy was last updated July 2025 and is scheduled for review July 2026