

# **i 成长社区家族排列学习工作坊参加同意书**

## **I Growth Community Family Constellation Learning Workshop Participation Consent and Acknowledgement**

### **一、活动性质与目的 / 1. Nature and Purpose of the Workshop**

本活动由 i 成长社区 发起，属于成长学习、自我探索与团体体验性质的工作坊。本活动可能包含家族系统排列、关系觉察、情绪观察、书写反思、分享讨论及其他身心觉察练习，目的在于为参与者提供学习、体验与自我认识的机会，帮助参与者从个人成长的角度理解自己与家庭、关系及生命经验之间的互动模式。

This workshop is organized by I Growth Community as an educational, personal-growth, self-exploration, and group experiential activity. It may include family constellation exercises, relationship awareness, emotional observation, reflective writing, group sharing, discussion, and other mind-body awareness practices. Its purpose is to provide opportunities for learning, experience, and self-understanding, and to support participants in exploring patterns involving family, relationships, and life experiences from a personal-growth perspective.

本活动的定位为教育学习与自我成长体验，不属于医疗、心理治疗、心理咨询、精神健康治疗、危机干预或任何形式的专业临床服务。

This workshop is intended solely for education, learning, and personal-growth experience. It is not medical care, psychotherapy, psychological counselling, mental health treatment, crisis intervention, or any form of professional clinical service.

### **二、参加者确认与声明 / 2. Participant Acknowledgements and Declarations**

本人确认，在报名及参与本活动前，已经阅读并理解本同意书内容，并自愿作出以下声明：

I confirm that, before registering for and participating in this workshop, I have read and understood this document and voluntarily make the following acknowledgements:

#### **2.1 自愿参加 / Voluntary Participation**

本人基于自身意愿，自主决定参加本活动，并可依据自身状态选择暂停、退出部分环节或提前离开，而不会因此影响本人与主办方的关系。

I am participating voluntarily and of my own choice. Based on my own condition and needs, I may pause, decline to participate in a particular activity, or leave early without affecting my relationship with the organizer.

#### **2.2 非专业治疗声明 / Non-Therapeutic and Non-Clinical Nature**

本人明白并同意：

I understand and agree that:

本活动仅用于学习、体验与自我探索；

This workshop is solely for learning, experiential participation, and self-exploration;

活动中的分享、引导、示范、练习或回馈，不构成医疗建议、心理治疗、心理咨询、精神科诊断、创伤治疗或其他专业意见；

Any sharing, facilitation, demonstration, exercise, or feedback during the workshop does not constitute medical advice, psychotherapy, psychological counselling, psychiatric diagnosis, trauma treatment, or other professional advice;

除非另有书面明确说明，主办方、带领者、协助人员及工作人员并非以医疗人员、心理治疗师、心理咨询师或其他持牌专业人士身份向本人提供服务；

Unless expressly stated otherwise in writing, the organizer, facilitators, assistants, and staff are not providing services to me in the capacity of medical professionals, psychotherapists, psychological counsellors, or other licensed professionals;

本活动不能替代医疗诊疗、心理咨询、危机支持、精神健康服务或其他专业协助。

This workshop is not a substitute for medical care, counselling, crisis support, mental health services, or other professional assistance.

### **2.3 个人责任与自我照顾 / Personal Responsibility and Self-Care**

本人了解，在参与过程中，讨论个人、家庭或关系议题可能引发情绪波动、身体不适、压力反应或其他主观感受。本人同意：

I understand that discussing personal, family, or relationship matters may give rise to emotional changes, physical discomfort, stress responses, or other subjective experiences. I agree to:

为自己在活动中的身体、情绪、言行及决定负责；

Take responsibility for my own physical and emotional condition, conduct, communication, and decisions during the workshop;

根据自身实际情况判断自己是否适合参加；

Assess, based on my own circumstances, whether participation is appropriate for me;

如本人正处于严重情绪困扰、精神健康危机、重大创伤反应、医疗不稳定状态，或其他不适合参与团体体验活动的情形，应主动寻求适当专业支持，并自行决定是否暂停或不参加本活动；

Seek appropriate professional support if I am experiencing severe emotional distress, a mental health crisis, a significant trauma response, medical instability, or another condition that may make group experiential participation inappropriate, and decide whether to pause or refrain from participating;

如活动期间感到明显不适，应及时告知工作人员，或自行停止参与并寻求外部专业帮助。

Inform staff if I experience significant discomfort, or stop participating and seek appropriate external professional assistance.

#### **2.4 学习效果非保证 / No Guarantee of Outcome**

本人理解，每位参与者的背景、状态、理解与体验不同，因此本活动不保证任何特定效果、疗愈结果、关系改善、情绪改善、问题解决或人生转变。本活动提供的是学习与体验机会，而非结果承诺。

I understand that each participant has a different background, condition, understanding, and experience. Accordingly, the workshop does not guarantee any specific result, healing outcome, improvement in relationships or emotions, resolution of problems, or life transformation. The workshop provides an opportunity for learning and experience, not a promise of results.

#### **2.5 分享与反馈仅供参考 / Sharing and Feedback for Learning Purposes Only**

本人明白，活动中其他参与者、带领者或工作人员所提供的观点、回应、反馈或经验分享，仅供个人参考与学习交流使用，不应被视为针对本人具体情况的专业判断、诊断依据或处理建议。

I understand that any views, responses, feedback, or personal experiences shared by participants, facilitators, or staff are provided only for personal reflection, learning, and discussion. They should not be regarded as a professional assessment, diagnosis, or individualized treatment or action recommendation concerning my specific circumstances.

#### **2.6 保密与相互尊重 / Confidentiality and Mutual Respect**

本人同意尊重其他参与者的隐私、边界与个人经验。未经对方明确书面同意，不泄露、传播、转述、录音、录像、拍照或公开他人在活动中分享的内容。本人亦同意以尊重、审慎和自我负责的方式表达与互动，不对其他参与者进行评判、施压、骚扰或侵犯其个人界限。

I agree to respect the privacy, boundaries, and personal experiences of other participants. Without the individual's express written consent, I will not disclose, distribute, retell, record audio or video, photograph, or publicly share another person's workshop disclosures. I also agree to communicate and interact respectfully, thoughtfully, and responsibly, and not to judge, pressure, harass, or violate the personal boundaries of others.

#### **2.7 资料使用与保存 / Collection, Use, and Retention of Information**

本人同意主办方基于报名管理、活动联系、记录保存、保险安排、风险管理及法律合规之需要，收集、使用及保存本人所提供的个人资料及签署信息。主办方将依适用法律及隐私规范处理相关资料，并采取合理措施保护个人信息。

I consent to the organizer collecting, using, and retaining the personal information and signature information I provide for registration administration, workshop communications, record keeping, insurance arrangements, risk management, and legal compliance. The organizer will handle such information in accordance with applicable laws and privacy requirements and will take reasonable measures to protect personal information.

## **2.8 活动安排与调整 / Workshop Arrangements and Adjustments**

本人理解并同意，主办方基于现场情况、参与者状态、活动安全、教学安排或其他合理原因，对活动流程、内容、带领方式、时间安排或参与形式作出合理调整。

I understand and agree that the organizer may make reasonable adjustments to the workshop process, content, facilitation approach, schedule, or form of participation based on on-site circumstances, participant needs, safety considerations, educational arrangements, or other reasonable grounds.

## **三、风险知情与责任说明 / 3. Acknowledgement of Risk and Responsibility**

本人知悉，任何涉及自我探索、情绪表达、关系讨论或团体互动的活动，均可能引发不同程度的心理、情绪或身体反应，包括但不限于悲伤、焦虑、压抑、愤怒、疲惫、紧张、回忆浮现或其他不适感。

I acknowledge that activities involving self-exploration, emotional expression, relationship discussion, or group interaction may give rise to psychological, emotional, or physical responses of varying intensity, including but not limited to sadness, anxiety, low mood, anger, fatigue, tension, resurfacing memories, or other discomfort.

在充分理解上述情况后，本人仍自愿参加，并同意：

Having understood the above, I voluntarily choose to participate and agree that:

本人自行承担参与本活动所产生的个人体验及相关风险；

I accept responsibility for my personal experience and the risks associated with my participation;

在法律允许的范围内，主办方、i 成长社区、活动带领者、协助人员及相关工作人员，对本人因参与或退出本活动而产生的直接或间接不适、压力、损失或后果不承担责任；

To the extent permitted by applicable law, the organizer, I Growth Community, facilitators, assistants, and related staff are not responsible for direct or indirect discomfort, stress, loss, or consequences arising from my participation in or withdrawal from the workshop;

如本人需要医疗、心理、法律或其他专业协助，应自行寻求适当专业机构或持牌专业人士支持。

If I require medical, psychological, legal, or other professional assistance, I am responsible for seeking support from an appropriate professional organization or licensed professional.

#### 四、不适合参加之情形提醒 / 4. Circumstances Requiring Caution

为保障本人及他人，本人理解，如目前存在下列情况之一，应审慎评估是否参加，并优先考虑寻求专业支持：

For my own safety and the safety of others, I understand that if any of the following circumstances apply, I should carefully assess whether participation is appropriate and prioritize seeking professional support:

正处于严重情绪危机或精神状态不稳定；

A severe emotional crisis or significant mental instability;

有明显自伤、伤人或其他安全风险；

A significant risk of self-harm, harm to others, or another immediate safety concern;

正在接受需要高度稳定环境的精神医疗或创伤治疗；

Ongoing psychiatric or trauma treatment requiring a highly stable environment;

身体状况不适合参与团体活动；

A physical condition that makes participation in a group activity inappropriate;

其他任何可能因参与本活动而加重风险的情况。

Any other circumstance in which participation may increase or aggravate risk.

如主办方基于安全、秩序或整体活动考量，认为本人不适合继续参加，有权建议本人暂停或停止参与。

If the organizer reasonably determines, based on safety, order, or the overall needs of the workshop, that continued participation may be inappropriate, the organizer may recommend that I pause or discontinue participation.

#### 五、签署确认 / 5. Signature and Confirmation

本人确认：

I confirm that:

本人确认，我已阅读或获提供《i 成长社区家族排列学习工作坊参加同意书（完整版）》，并理解及同意其中所载条款。本人理解并同意，以电子方式提交本确认，包括填写本人姓名、勾选确认框或点击「提交／同意」按钮，均构成本人具有法律效力的电子同意及电子签署，与本人亲笔签署具有同等效力。

I confirm that I have read or been provided with the full I Growth Community Family Constellation Learning Workshop Participation Consent and Acknowledgement and understand and agree to its terms. I further understand and agree that submitting this confirmation electronically, including by typing my name,

checking the acknowledgement box, or clicking the "Submit" or "Agree" button, constitutes my legally valid electronic consent and electronic signature, with the same effect as my handwritten signature, to the extent permitted by applicable law.

本人已知悉本活动属于学习、体验与自我探索性质，并非专业治疗或临床服务；

I understand that this workshop is for learning, experiential participation, and self-exploration and is not professional treatment or a clinical service;

本人是在清楚知情且自愿的情况下决定参加本活动；

I am choosing to participate voluntarily and with informed understanding;

本人愿意为自己的参与状态、体验及决定承担相应责任。

I accept appropriate responsibility for my participation, experiences, and decisions.

参加者姓名 / Participant Name: \_\_\_\_\_

签名 / Signature: \_\_\_\_\_

日期 / Date: \_\_\_\_\_

**主办单位 / Organizer: i 成长社区 / I Growth Community**

**活动名称 / Workshop: 家族排列学习工作坊 / Family Constellation Learning Workshop**