SOUL CARE JOURNEY

A Nonprofit Organization

Participant Agreement & Informed Consent

The Freedom Room

Welcome to The Freedom Room.

We're grateful you're taking this step in your journey with Jesus.

Our desire is to create a safe, compassionate, Christ-centered space where you can experience prayer, encouragement, and greater freedom in your relationship with Him.

Before your session, please read this agreement carefully. It explains what to expect, your rights as a participant, and the commitments we make to help protect your well-being.

1. About The Freedom Room

The Freedom Room is a Christ-centered prayer and spiritual support ministry offered by Soul Care Journey, a nonprofit organization.

Sessions are facilitated by trained ministry team members and may include prayer, Scripture, spiritual reflection, confession, forgiveness, and opportunities to surrender areas of struggle to Jesus.

Our purpose is to help participants deepen their relationship with Jesus, recognize spiritual and emotional barriers, and seek greater freedom through prayer and biblical truth.

We believe lasting spiritual growth happens through an ongoing relationship with Jesus, not through a single experience.

Each session is typically two to three hours and involves two ministry team members.

Participation is voluntary, and no particular spiritual or emotional outcome is guaranteed.

2. Not a Substitute for Professional Care

The Freedom Room provides spiritual support and prayer. It is not psychotherapy, mental health counseling, medical treatment, or psychiatric care.

Soul Care Journey ministry team members do not diagnose or treat mental health conditions and do not act as licensed healthcare professionals unless separately credentialed and explicitly serving in that professional capacity.

By participating, you understand that:

- Spiritual prayer ministry does not replace professional medical or mental health care.
- You should continue any prescribed medication or treatment unless your licensed healthcare provider advises otherwise.
- Emotional distress, trauma responses, or mental health symptoms should not automatically be attributed to spiritual causes.
- If you are experiencing a mental health crisis, thoughts of self-harm, or symptoms requiring clinical care, professional support may be more appropriate.

Soul Care Journey may recommend postponing or ending a session when additional professional support is needed.

3. Your Personal Choice and Consent

Your participation is entirely voluntary.

During your session, you may be invited to pray, reflect on Scripture, discuss personal experiences, or consider areas of forgiveness and spiritual growth.

You have the right to:

- Decline any question, prayer activity, or suggested exercise.
- Request a break or end your session at any time.
- Choose how much personal information you wish to share.
- Ask questions about any part of the process.
- Request that physical contact not occur.

No participant will be pressured to disclose traumatic experiences, confess publicly, demonstrate an emotional response, or participate in any activity against their wishes.

You remain in control of your participation throughout the session.

Any physical contact during prayer requires your clear permission beforehand.

4. Confidentiality and Privacy

We recognize that Friends may share deeply personal and sensitive experiences during their Freedom Room sessions.

Everything you share in The Freedom Room will be treated with care, dignity, and confidentiality.

Our ministry team agrees not to discuss your personal experiences with anyone outside the authorized team, including family members, friends, church leaders, or other participants, except when required by law, necessary to address a serious safety concern, or authorized by you.

To help protect your privacy:

- Only authorized ministry team members involved in your care may access information shared during your session.
- Both ministry team members participating in your session are required to sign a separate confidentiality commitment.
- Personal information and session notes, if taken, will be handled with reasonable privacy safeguards and used only for appropriate ministry purposes.
- Your session will not be recorded without your separate, informed consent.
- Your identity, personal story, and participation will not be shared publicly without your permission.

Limits of confidentiality

There are certain circumstances when information may need to be shared:

- When there is a serious or imminent concern about harm to you or another person.
- When disclosure is required by applicable law, including mandatory reporting obligations or a valid court order.
- When you provide permission for specific information to be shared.

When appropriate and legally permitted, we will seek to inform you before sharing information.

While we take reasonable steps to protect your privacy, absolute confidentiality cannot be guaranteed.

5. Emotional and Spiritual Safety

Prayer and personal reflection may bring up difficult emotions, memories, or unresolved experiences.

You may experience sadness, fear, discomfort, or other emotional responses. You may also experience little or no noticeable emotional response.

There is no expected or required reaction.

Our ministry team will seek to provide a compassionate, respectful environment without judgment or pressure.

We will not require you to revisit traumatic details or continue an activity that makes you feel unsafe.

Forgiveness will never be presented as requiring reconciliation, renewed trust, or the removal of healthy boundaries.

If you feel uncomfortable at any point, please tell a ministry team member. Your concerns will be taken seriously.

6. Voluntary Participation and Right to Withdraw

You may discontinue your participation at any time without penalty or judgment.

Soul Care Journey also reserves the right to postpone, discontinue, or decline a session when the ministry team believes it cannot safely or appropriately meet a participant's needs.

If additional support is recommended, we will seek to communicate that recommendation with compassion and respect.

7. Understanding Potential Risks

Although The Freedom Room is intended to provide spiritual encouragement and support, personal prayer and reflection may involve emotional discomfort.

You understand that:

- Difficult memories or emotions may arise.
- Spiritual experiences and personal responses vary.
- No specific healing, breakthrough, or other outcome is promised.
- Participation does not guarantee the resolution of emotional, relational, medical, or spiritual difficulties.

You voluntarily choose to participate with an understanding of these possibilities.

8. Release of Liability

To the fullest extent permitted by applicable law, you agree to release and discharge Soul Care Journey, its directors, officers, employees, volunteers, ministry team members, and affiliates from claims arising from your voluntary participation in The Freedom Room, including emotional discomfort or distress associated with prayer and spiritual reflection.

This release does not apply to gross negligence, intentional misconduct, or any liability that cannot legally be waived.

9. Media and Testimonial Consent

Your personal story belongs to you.

Soul Care Journey will not record your session or use your name, image, testimony, or identifying personal information for promotional or educational purposes without obtaining separate consent.

Participation in The Freedom Room does not constitute permission to share your story publicly.

You are never obligated to provide a testimony.

10. Continuing Your Journey

The Freedom Room is one part of a continuing journey of spiritual growth.

Following your session, you may be invited to participate in the **Living Free Journey**, a four-week, self-paced experience designed to encourage continued growth in your relationship with Jesus.

You may also be encouraged to participate in supportive Christian community, prayer, and other appropriate spiritual or professional resources.

Participation in follow-up activities is voluntary.

11. Governing Terms

This agreement is governed by the applicable laws of the State of Arizona.

If any provision is determined to be unenforceable, the remaining provisions will remain effective to the extent permitted by law.

Acknowledgment & Agreement

By signing below, I acknowledge that:

- I have read and understand this Participant Agreement.
- I am at least 18 years old.
- I understand that The Freedom Room is a Christ-centered prayer ministry, not professional mental health or medical treatment.
- I understand that participation is voluntary and that I may stop at any time.
- I understand that I may decline questions, prayer activities, or physical contact.
- I understand the confidentiality commitments and their limitations.
- I understand that no particular outcome is guaranteed.
- I voluntarily consent to participate in The Freedom Room and agree to the terms stated above.

Full Legal Name: _____

Participant Signature: _____

Date: _____

Email Address: _____

Questions? Contact us at care@soulcarejourney.org

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