**University College Cork**

**School of Applied Psychology**

**Doctorate in Clinical Psychology**

**Consent to PAG**

As part of your training in Clinical Psychology at UCC, you are expected to attend all aspects of training including those concerning personal and professional development. One component of this is the Personal Awareness Groups (PAG).

Personal Awareness Groups (PAG) are designed to promote personal awareness and development, in particular concerning how personal and interpersonal factors impact therapeutic processes and professional practice. The capacity for critical self-reflection is deemed to be a core competency in the profession of clinical psychology and the Personal Awareness Groups are an integral part of training. The group is a confidential space provided for the exploration of the emotional impact of training and for critical self-reflection. The group facilitators do not share any information about the group with the programme team unless issues of safety or fitness to practice were to arise.

The key aims are that you will:

* Be mindful of personal issues which might have a bearing on training needs
* Explore how training impacts your personal life
* Develop strategies to promote well-being and resilience
* Experience being in the ‘client’ position and be invited to focus on the self, with all its strengths and vulnerabilities, and the associated challenges.

For more details, consult the Terms of Reference in the Handbook.

* I confirm that I give my consent to attend the Personal Awareness Group.
* I understand that the group is confidential and I will not share information arising in the group with anyone else.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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