

# THE ANNETTE HUNTER FRAMEWORK

## Participant Information & Consent Form

Thank you for your interest in The Annette Hunter Framework Teaching Sessions. These sessions are educational teaching sessions designed to help participants understand and apply concepts from The Annette Hunter Framework, including The 6 Bad Messages, Repetition Compulsion, The Toxic Loop, Nip and Flip and The 3 Ways to Heal from a difficult childhood. Please read this document carefully before booking a session.

### 1. SESSION DESCRIPTION

The Annette Hunter Framework Teaching Sessions are structured educational sessions focused on learning and applying the framework in a practical way.

The sessions are intended to:

- Explain the concepts within The Annette Hunter Framework
- Demonstrate how the framework may be applied
- Guide participants in practising the framework during the session
- Answer questions about the framework and its practical use

The sessions are educational in nature and are intended to support personal understanding and learning.

### 2. IMPORTANT SCOPE INFORMATION — EDUCATION, NOT THERAPY

These sessions are educational teaching sessions only.

They are NOT:

- psychotherapy
- counselling
- psychiatric treatment
- crisis support
- medical treatment
- trauma therapy
- emergency mental health care

Although the framework discusses childhood experiences, damaged core beliefs and repeating toxic patterns, the sessions are designed for education and guided learning only. Participation in a session does not create a doctor-patient relationship, therapist-client relationship, or ongoing care relationship with Dr Annette Hunter. Participants remain fully responsible for their own wellbeing, decisions, and personal support systems.

### 3. HOW THE SESSION WORKS

Each Framework Teaching Session lasts 50 minutes.

The session focuses on understanding and applying the framework:

- learning the core framework concepts
- guided examples of framework application
- practising practical tools such as Nip and Flip

### 4. RECORDING & PARTICIPATION EXPECTATIONS

Sessions will be conducted online using Zoom. Participants agree:

- to attend respectfully and appropriately
- not to record, publish, distribute, or share session material publicly without written permission
- to attend from a private and suitable environment where possible

Participants will receive a recording of their session for personal educational use only.

Recording Retention Policy:

- Participants are responsible for downloading and securely storing their own recording copy.
- Session recordings retained by Dr Annette Hunter will be deleted permanently after 30 days.
- Recordings are for personal educational use only and must not be publicly uploaded, reproduced, or distributed.

### 5. SUITABILITY & SELF-RESPONSIBILITY

The Annette Hunter Framework Teaching Sessions may involve discussion of emotionally difficult life experiences, damaged core beliefs and toxic behavioural patterns. By participating, you acknowledge that:

- you are responsible for your own emotional wellbeing
- you understand these sessions are educational and not therapeutic treatment
- you will seek appropriate professional support if needed
- you understand that learning and change take time and practice
- no guarantees of outcome or improvement are made.

Participants experiencing severe mental health difficulties, active crisis situations, or requiring clinical support are encouraged to seek immediate appropriate professional care.

## 6. PAYMENT, CANCELLATION & REFUND POLICY

The fee for The Annette Hunter Framework Teaching Session is €130 EUR and payment is required in advance to confirm a booking. Participants may reschedule a session with at least 24 hours notice. Unexpected emergencies and unavoidable circumstances will be considered with understanding and discretion. Dr. Annette Hunter reserves the right to decline, discontinue or refund a session where she believes the session is no longer suitable, appropriate, or workable within the educational framework model. The aim of this policy is to maintain a respectful, safe, and professional experience for all involved.

## 7. ABOUT ANNETTE HUNTER

Dr. Annette Hunter is a medical doctor, author, and educator who teaches concepts related to The 6 Bad Messages, Repetition Compulsion and toxic behavioural patterns. The Annette Hunter Framework was developed through both professional knowledge and lived experience, with a focus on helping people recognise harmful subconscious toxic patterns and practise healthier ways of thinking and responding. The educational material shared through these sessions is also explored through Dr. Annette Hunter's YouTube channel [youtube.com/@Dr.AnnetteHunter](https://www.youtube.com/@Dr.AnnetteHunter) and her book, *Your Childhood is Over... No It's Not!*

## 8. AGREEMENT & CONSENT

By booking and participating in a session, I confirm that:

I understand these are educational teaching sessions and not therapy or medical treatment.

I understand participation does not create a doctor-patient or therapist-client relationship.

I understand I remain responsible for my own wellbeing and personal decisions.

I understand emotionally difficult topics may arise during discussion.

I understand recordings are for personal educational use only.

I understand that any recording retained by Dr Annette Hunter will be deleted after 30 days.

I understand that no guarantees of personal outcome or improvement are made.

I have read and understood this document and agree to participate voluntarily.

I understand that Dr Annette Hunter may advise me to seek appropriate external or professional support should I appear to be in significant distress or crisis.

Participant Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_