

## Three Activities Worksheet

### Focus: Safety & Ethics

Safety and ethics in darkness therapy was the topic most people agreed to be a high priority on the topic survey. It is a great time to begin this conversation since we are preparing to start our educational program this year and aim to begin research in the next couple of years. Thank you for helping to shape the safety of this work at the very beginning.

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#### 1. Context Question:

In one or two sentences, what's one experience, question, or turning point in your life or work that led you to be part of this advisory group?

#### 2. Safety & Ethics Prototype Activity:

**Instructions:** Quickly develop a rough prototype related to safety in darkness therapy, think hack-a-thon. Perfection is not the goal rather, clarity and creativity are.

- **Code of Ethics:** List 2-4 key foundational ethical principles specific to darkness therapy in a clinical or research setting (Go beyond general safety, transparency, and confidentiality to address questions regarding touch, increased vulnerability to coercion, disclosure of risks and unknown effects due to gaps in research and other considerations specific to darkness therapy at this stage)

CODE	Relevance to DT	How it is Enacted

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- **Safety & Benefit:**

- o What do you consider a primary risk and an opportunity in darkness therapy based on your background?
- o What is a brief practical recommendation to address these risks and opportunities?

<b>Risk:</b>	<b>Practical Recommendation:</b>
<b>Opportunity:</b>	<b>Practical Recommendation:</b>

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<b>Opportunity:</b>	<b>Practical Recommendation:</b>

### 3. Discussion Prompt:

In brief, what approach to safety and ethics in darkness therapy do you think is the most beneficial, and what is an example from your work or life that informs that perspective?