



Conscious Coaching & Consulting: Contract

Practice Information and Consent to Treatment

Welcome to my practice. This document contains important information about my services and business policies. Please read it carefully and write down any questions you have so that I may discuss them with you. Signing this document constitutes an agreement between us, as well as your informed consent to begin treatment, and indicates that you understand and agree to the particular format and limitations of this process. I am delighted to have you as my client and look forward to seeing you.

About my Practice

My principle method of practice is Core Energetics and I am currently a student at the institution of Core Energetics (www.coreenergetics.org). I offer individual sessions focusing in three different areas which include, life coaching sessions, career coaching sessions and relationship coaching sessions. The Core Energetics process is designed to open and balance these levels, and support the flow of connection between them. This approach is experimental and dynamic, and often evokes powerful bodily experiences through physical, emotional, and spiritual exercises, which are designed to restore energetic integrity to your system. This is done by opening areas of blocked energy in your body. Please be aware that this process will at times bring forth powerful feelings and emotions. I will do my very best to create a safe container for your experiences and support you in grounding and integrating feelings which may sometimes be perceived as uncomfortable, but which, when integrated, help us to grow and embrace more of who we really are. Core Energetics is grounded in modern approaches to mind/body healing and body-centered methodologies as well as in spiritual principles.

Scope of Practice

The goal of the work is a sense of authenticity, groundedness, personal power, and the experience of living from a place of being fully embodied with an open-heart. The process is both a body-centered healing modality and a deep spiritual journey.

1. As part of a full initial assessment, I usually do what is called a “body reading”. The body reading allows me to evaluate the areas of your body where energy is blocked, the areas which are “overcharged” (holding an excess of energy), or “undercharged” (holding too little energy). The body reveals many aspects of your personal history, the issues with which you struggle, as well as your core qualities. A body reading helps me formulate a plan for our work. You and I will discuss the body reading beforehand, so that you can come prepared wearing the “suggested” proper attire. Proper attire (suggested) for a body reading is generally a pair of shorts for men, and a pair of shorts and a sports-bra for women (like you might wear to the gym). You need only reveal as much of your body as you feel comfortable. If the suggested attire feels too revealing, we can discuss what you do feel comfortable wearing. You can choose to postpone the body reading or not do one at all. I will honor and respect your boundaries.
2. Core Energetics bodywork involves the release of feelings from chronically armored muscles. At times this requires the **use of touch**, *for example*, through pressure, or massage to a muscle or muscle group. The touch is non-sexual in nature

and is frequently also used to bring awareness to an area, or in a supportive, nurturing or healing way. Touch often elicits feelings, which I will encourage you to speak about. It is important for you to discuss any discomfort you experience. I will ask for your permission before I touch you and you are free to say no. I will honor and respect your boundaries.

3. It is understood that the client needs to have an intention to follow the suggested activities that have been explained and seem unreasonable and acceptable to the healing process. The client will be given suggested methods for safely expressing strong feelings. Any intervention involving the body will always be with the client's explicit permission and with the client's safety in mind. You as the client may refuse any intervention at any time.

Important to Know

Core Energetics involves physical expressions that deepen the client's contact with their own life-force through the opening of areas of blocked/or held energy in the body, and opens the client to a fuller experience of their emotional truth. An important aspect involves work with the body, and therefore, it is important to take note of the following items. Please discuss these with me if you are unsure of what they mean.

Confidentiality

Everything you discuss with me is held in strict confidentiality. The only person with whom I might discuss your case, in effort to ensure my work with you was free from personal bias, would be with a therapeutic supervisor, and your identity would not be revealed. Please be aware that there are certain conditions in which the law requires that confidentiality be breached which are as follows:

- If you present a danger to yourself
- If you present an imminent danger to another person
- If there is reason to believe that child or elder abuse or neglect is present

Billing and Payment

My fee is \$180 per session, due at the beginning of each session. Sessions are 45 minutes long. Payment can be made by check, cash or Venmo. I do not take insurance nor can I file insurance claims on your behalf.

Telephone calls and E-mails

Scheduling sessions or changing session time is best done by e-mail. Generally I believe that telephone calls and e-mails are not the best way to deal with issues or feelings that are best brought up in the container of the session. Fees for telephone consultations exceeding 10 minutes will be billed as half a session. Telephone consultations exceeding 30 minutes will be billed as an entire session. While I can be contacted via e-mail, please be aware that E-MAIL IS NOT CONFIDENTIAL. I cannot be responsible for any information that might become public in an e-mail you send me or in an e-mail response you request from me.

Cancellation Policy

A **minimum** of 24/48 hours notice is required to cancel a session. You will be fully charged for any session cancelled less than 24/48 hours before the appointment time. The only exceptions to this policy are; illness, illness of a child under your care or inclement weather that makes getting to a session dangerous. Please note that cancellations for reasons such as "having too

much work” are not considered emergencies and therefore will be billed to you, unless you have given the required 24/48 hours notice. Please be aware that there may be times when it will be necessary for me to reschedule your session. I will do my best to notify you of schedule changes with ample time, but in the event of an emergency or illness, cancellations on my end may occur on the day of the session.

Client Responsibility

1. Please notify me of any concurrent work that you are doing with psychologists, psychiatrists, body workers, healers, or counselors. Also notify me of any groups or workshops in the areas of growth and healing you are attending, or plan to attend. Please be aware that there may be times when I may want to contact another health provider you are working with if I feel it would be in your best interest. However, I will never do this without discussing this with you beforehand and without your expressed permission.
2. Please notify me of any medications you are taking, any health concerns, pain or physical limitations that may or may not affect the work we do in general or in any given session.
3. Please do not attend a session under the influence of drugs or alcohol.
4. You are free to terminate our work together at any time. However, I do request that if you are considering terminating our work together, that you discuss this with me in a timely way (a minimum of one closing session before actual termination date), so that we can explore the reason in depth. Sometimes clients terminate when they are moving into uncomfortable areas on consciousness, and my intention is to help you navigate through these feelings rather than abandon the process.

Limits of Practice

- Core Energetics and coaching are not forms of medical treatment. I do not provide medication(s), nor will I advise you, for or against, the use of medications. Although I may discuss medication and its effect with you, it is your responsibility to discuss initiation, changes, or termination of medication(s) with your psychiatrist, physician, or psycho pharmacologist.
- I do not take insurance nor can I file insurance claims on your behalf.
- Please note: **There are NO guarantees in the work.** Emotional imbalances, life struggles, or physical conditions may or may not change or disappear as a result of our work.

Consent to Treatment

I understand and am in full agreement with the contents of this form (pages 1-3) and am agreeing to treatment.

X

Print Name Signature Date

E-mail Address Phone Number

Address:

It is my intention to give the best of myself to our work together, to be present to all of who you are, to create a safe and supportive environment in which you can experience and embrace more of yourself, your energy, and your ground of being in new and expanded ways. I hold our relationship as a sacred trust, and I sincerely hope I can earn yours. I look forward to working with you and sharing this part of your life's journey with you.