

Client information and consent for Integrative Healing & Therapy



Dear unique being,

I am pleased to meet you and have the opportunity to work with you. I want to congratulate you on making the time to care for yourself and for taking this important step in your life towards a life you long for (even if it might not be clear what that is- yet!). Here is some basic information about the work I do, and what to expect in our work together.

In a healing or therapy session, we may explore areas that influence your state of wellbeing, such as your health history, life stressors, belief systems and attitudes, your family and childhood history, relationships, diet, exercise, dreams and longings. Everything you share is confidential. I do discuss clients (without using full names) with my professional supervisor or peers for the purpose of ongoing education. Please let me know if you have any concerns about this.

Hands-on/off healing techniques balance, clear, and charge your energy system. At times I may touch your body, and at other times I may work with the energy fields away from your body. I may use sound or intentional breathing too. There may be other times when exploring your beliefs and attitudes will most effectively move blocks in your energy consciousness system. I offer to serve as a facilitator in your self-initiated process of healing and transformation. I am here as a committed listener, your mirror, your ally and sometimes a teacher in the process.

My training in **integrative energy and therapy** work includes four years of study at the **Barbara Brennan School of Healing** (USA - 2013-17), and two years of **Body Mind Therapy and Group Facilitation** training at the **Brennan Institute in Oxford, England** (2017-19) as well as further training in **Group and Individual process facilitation with the InterConnectMe** team, **Theta Healing** with Dee Lygnos and **Myofascial Release** therapy with Amanda Oswald. I am currently completing a two year diploma in **NeuroSomatic Psychotherapy** at the Naos Institute in London and I continue to grow from workshops and training in various therapeutic modalities and of course my wonderful clients who are always my teachers.

As a healer and therapist, I do not medically diagnose or prescribe treatment. If you have a physical injury or disease, or have been prescribed medication by your GP, I ask that you also be in the care of a licensed medical professional. I do not advise you to discontinue any medical treatment you may be receiving.

Healing with Sandra - Practice policies 2022.

January 2022

My work is intended to be in harmony with any other healing work that you undertake and you are free to discuss our work with any other therapist or physician on your care team.

Self-care is an extremely important part of the healing process. Your healing is your responsibility. If at any time during the session you are uncomfortable, it is your responsibility to inform me immediately. I encourage a transparent relationship where we can openly discuss what works and what may not be working for you.

This is an agreement between us for the therapeutic work. It is presumed that you have accepted these terms if you choose to proceed with our therapeutic work together and as attested by your signature below.

With warm regards,

Sandra Vasiljevic Berset

Therapeutic Agreement

Time: Once you have agreed to therapy I will reserve a regular time slot for you, accommodating your time preferences as best I can. This is time for you. My sessions are 50 minutes long, with the exception of the initial session, which might be up to 90 minutes long and they are via skype/zoom/phone or in person.

Remote work: I am happy to use the phone, Zoom, Skype to connect with you remotely. If you prefer **FaceTime** or **Wire** please let me know.

First contact: My initial “clarity session” (so that we can see if we are a good fit for each other and for me to assess whether I can help you) is free. During this assessment session, we will explore your concerns and the issues that you would like help with.

The assessment session allows you and I a chance to see if we connect and you are by no means obliged to embark on further work with me. It is however my intention for this session to provide greater self knowledge and a sense of empowerment so that you are one step ahead on your path - whether we decide to work together or not.

Confidentiality: All of what is shared in sessions and your intake form or other written communication you may share with me, is strictly confidential. However, I am under legal obligation to inform the relevant parties if you are a danger to either yourself or others (terrorism). Confidentiality would also be broken in the event of breaching national security. I will be in supervision as part of my commitment to good practice but the duty of confidentiality extends to my supervisor(s). Please see GDPR below.

Client commitment: I do not hold the magic cure to your healing. Research shows that your commitment is the best indicator of your successful outcome. You share responsibility of your progress and as such the value you impart to our work and showing up for yourself is key. I may recommend homework or reading to assist you in reaching your goals.

Disclaimer: I am not a doctor, I do not diagnose nor prescribe medicine. Integrative healing and Body mind therapy is complementary to and supportive of any kind of health care regime and does not replace any current or ongoing medical treatments or therapies. Should improvement in your condition occur following our sessions, I do not advise you to suspend or change your medical treatments or prescriptions without first consulting your healthcare professional.

Healing team: There may be times when I might feel that you might benefit from receiving support from a therapist with a different speciality or a complimentary one to the work we do together such as an Osteopath, Homeopath or Psychiatrist. I may recommend a practitioner of a different specialty but it is your responsibility to carry it forward and the final choice is ultimately yours. Should you wish for your other therapist and I to share information or observations (so that we may work as a team) you will need to wave your confidentiality agreement in writing for us to discuss you.

Cancellations must be made 48 hours in advance or will be fully billed. It is my intention for our work to benefit both of us and so whenever possible, I try to reschedule postponed sessions within the same week or the following week in case of travel or illness. If you do not contact me within the first 15 minutes of the session, it will be forfeited.

Missed sessions will still be invoiced as this time has been reserved for you.

Sessions are not exchangeable nor redeemable by a third party nor are they refundable.

I will not see you if you are under the influence of alcohol or mind altering drugs and you will be charged for the session.

Therapist absences: I will give you as much notice as possible of holidays and other absences and illness and you will not be charged for my absences.

Ending our working relationship: There may be times when therapy seems difficult and you wish to put a stop to it. This is ok, and I honour this part of you. I believe that it is beneficial to work through these challenges as they may contain “golden nuggets” that can actually take you forward and deeper into your healing. I have found (both from personal experiences and that of others) that it is often when we want to give up and run away that the magic and growth spurt is about to happen. However, if either I or you feel it is best for us to end the therapy then a mutual discussion should take place so that we can find the best way to end it and perhaps find other support for you onwards should it be necessary.

Emergency: I do not offer emergency support as I cannot guarantee my availability to you. If you are in danger in any way or fear harming yourself or another please contact a loved one or the local emergency services. I will however reply to email communication between sessions within reason.

Payment is due prior to or at the time of the session and if agreed in advance, may be paid in monthly or otherwise agreed instalments. You may pay via Paypal, Revolut or via bank transfer. If you have booked directly via my scheduling page, then payment will be taken online at the time of booking.

PayPal: may be made using my email healingwithsandra@gmail.com but will include an extra fee depending on the amount and currency you pay in. (You may calculate the fee on <https://www.clothnappytree.com/ppcalculator/>) **Please note:** The amount billed is the amount that needs to land on my account).

Revolut:

British Pound account - Beneficiary Berset Sandra
IBAN: GB78 REVO 0099 7017 0988 02
BIC: REVOGB21

Bank transfer from the UK:

Sandra Berset/ Healing with Sandra - NatWest Bank
ChelseaAccount # 18268595 Sort Code 600514

from the **EU**, paying in Euros, please use my Euro (€) account instead:

Raiffeisen Bank
264 A Route de Veyrier
1255 Veyrier, Switzerland
IBAN: CH31 8080 8008 2524 6301
7BIC/ SWIFT : RAIFCH22187
Sandra Vasiljevic Berset
4 Lilyvilleroad
SW6 5DW
London England

Thank you.

Please complete the Personal Information:

Name: _____

Home Address: _____

Mobile Phone Number: _____

Home Number (If applicable): _____

Name, Phone and Address of Doctor: _____

Current Medication, or Medication in last 6 months: _____

Emergency Contact Details: _____

PLEASE SIGN BELOW

With your signature, you agree that I may work with you in the manner described above. Please feel free to ask any questions you might have.

I have read the above information and freely elect to work with Sandra in the above-described manner. I freely give my consent with my signature below.

Signature: _____ Printed Name: _____ Date: _____

Healing with Sandra is
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FulhamLondon,
UK

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Healing with Sandra – Practice policies 2022.