



Clearwater Wellness Life

Scope of Practice & Client Agreement

1. Nature of Support

Clearwater Wellness Life does not provide clinical treatment; we provide:

- Spiritual mind and wellness guidance for self-healing
- Nervous system regulation practices
- Lifestyle alignment support
- Ritual, prayer, and ancestral grounding support
- Color, sound, breath, and sleep hygiene guidance
- Self-care structure and rhythm development, and other non-violent preventative wellness and spiritual work.

2. What We Do Not Provide

Clearwater Wellness Life does **not** provide psychotherapy or mental health treatment, crisis intervention or emergency counseling, legal advice or strategy, financial or administrative representation, ongoing trauma processing or shadow therapy, or emotional dependency containment.

If you are currently in crisis, please contact:

- 988 – National Crisis Hotline (U.S.)
- Your licensed therapist
- Mental Health Hotline: 866-903 3787
- SAMHSA's National Helpline: 1-800-66 HELP (4357)
- Emergency services

Clearwater Wellness Life is not a crisis hotline.

3. Required External Containers

Clients are expected to maintain appropriate professional support when needed, including:

- Licensed therapist or counselor (for all mental health issues or concerns)
- Legal professional (for intellectual property, contracts, disputes)
- Medical provider (for health conditions)
- Financial advisor (for financial disputes or planning)
- Other professional care as needed.

Spiritual wellness complements professional care; it does not replace it.

4. Session Structure

- Sessions are time-bound. Overtime beyond scheduled sessions is not guaranteed.
- Repeated escalation or crisis-level activation may result in referral.
- If support needed exceeds the scope, services may be paused.
- This container is catalytic and seasonal, not indefinite emotional dependency support.

5. Client Responsibility

Clients are responsible for:

- Self-regulation practices between sessions
- Following through with the appropriate care
- Maintaining appropriate mental health support when needed
- Respecting session time boundaries

I have read and understand the scope of services provided by Clearwater Wellness Life. I understand that this is not therapy, legal counsel, or crisis intervention. I agree to maintain appropriate professional support when needed. Clearwater Wellness Life reserves the right to pause or terminate services if the client's needs exceed the scope outlined above.

By signing below, you acknowledge understanding and agreement with this scope.

Name: _____

Signature:_____ Date:_____