

# Client Commitment & Agreement

## **Our Work Together**

I'm honored to begin a journey of shared work with you! This informed consent is to describe the scope of my work and our professional relationship. Coming Home Healing helps clients build nervous system integrity and agency, process difficult experiences, explore and release sensations in their bodies, and integrate their experiences for a greater resilience capacity.

## **Our Confidentially Container**

In this context, confidentiality means that I will honor the trust we've created by refraining from sharing your personal identifying information in connection with the content of what you've shared during a session together, and that I will refrain from sharing any content of our sessions (specific dates and times set as a "session") with anyone unless in a rare case I see need for a confidential consultation with peer professional. All the notes from our sessions are confidential between us (you, the client, and Charlotte Azad) unless in a rare case I see need for a confidential consultation with a peer professional. Because I often work in community contexts, from my shared home, and in outdoor settings, it is possible that a) you may cross paths with someone you know coming or going from an appointment with me, that b) the times and dates of your appointments with me might be inadvertently known by someone you know, that c) the ways we co-create our safety container over our first few sessions might look different than what is expected in a traditional therapeutic session.

If we are in direct shared community together, my confidentiality commitments to you are as follows:

- I will align with your choices around if (and if so, who) in our community knows or doesn't know that you are in therapeutic work with me.
- I will keep content of your life and experiences that comes up in sessions (specific dates and times set as a "session") within those sessions and keep that information separate and out of our conversations and interactions outside of sessions. To the best of my ability, when interacting with you outside of a session I will not reference or allude to anything that's come up in a session unless you expressly invite me to do so.
- If folks, situations, or information that we both have community relationship to comes up in a session, I will relate to that person, situation, or information simply as a somatic influence/player in our healing field during the session. As far as I am concerned, the presence of that shared relationship is in our session to inform the best possible healing tool, method or action for you, and nothing more.

## **The Scope of our Work**

Charlotte Azad is a certified STAR (*Strategies for Trauma Awareness and Resilience*) Practitioner, is in training as a Somatic Experiencing Practitioner through the Trauma Institute, is a certified Holding Space Consultant through the Institute for the Study of Birth, Breath, and Death, is trained as a Circle Process Facilitator, and is a trained facilitator of The Resilience Toolkit. She also has a Master's Diploma in Intercultural Communication, has training in conflict resolution, and has 10 years of experience as a trainer in healing work. Charlotte Azad takes a body-oriented, neurobiological approach in healing sessions. She often pull on tools from all of the above areas of training and may also refer clients to resources from any of these fields above.

My focus is on working towards resilient wellness from anxiety, depression, stress-related allostatic load, traumatic experiences or patterns, PTSD, C-PTSD, attachment wounds, the effects of supremacy culture, capitalism, and colonial power, relationship problems, belonging crises, worth-of-life crises, and life transitions. During our time, I emphasize your healing agency, healthy boundaries, development of self-regulation skills, tools for releasing stored sensations or trauma, and resiliency. If I feel that I cannot help you, I will provide referrals when possible. While it is impossible to predict the exact outcomes of this work, we will work together toward the goals we establish. It is not uncommon for clients to encounter levels of sadness, anxiety, and fear as well as joy, happiness and love throughout the appointments. I will work closely with your feedback as we navigate these states.

## **Coaching, Not Therapy**

Working with Charlotte Azad through Coming Home Healing is a coaching relationship in which the client is responsible for their goals and outcomes while Charlotte Azad provides guidance, tools, shared safety, trust, and resources to support those outcomes. The client does not hold Charlotte Azad or Coming Home Healing responsible for any physical, emotional, psychological, or spiritual outcomes. The client holds agency for the impact of their own healing work and cannot depend on Charlotte Azad to support them in any way other than what is expressly described in this document and offered within the boundaries of set appointment dates and times. Charlotte Azad and Coming Home therapy are not responsible for any emotional distress, bodily symptoms, or any other alleged effects of a work session together. Charlotte Azad will work to the best of her ability to ensure that safety of all kinds is held in every work session, and that the client is in a state of neurobiological calm before ending a work session.

I \_\_\_\_\_ seek and consent to the services of and work with Charlotte Azad through Coming Home Healing, to provide coaching and guidance through the use of somatic tool, narrative inquiry, breath work, story sharing, and resilience building methods. I understand that Charlotte Azad is not licensed as a Counselor or Mental Health Care Therapist, and that trauma resilience coaching is not an officially recognized form of therapy but rather a separate and distinct approach to working with trauma and building resilience that is more collaborative with the client.

If I (Client) \_\_\_\_\_, or Charlotte Azad believe that I have a condition that requires medical care, I will consult my primary care physician or an appropriate specialist and will not hold Charlotte Azad or Coming Home Healing responsible. If I or Charlotte Azad believe that I have a condition that requires psychological or licensed therapeutic care, I will consult an appropriate specialist and will not hold Charlotte Azad or Coming Home Healing responsible.

### **Sliding Scale and Appointments**

The financial exchange for a 60-90 (average 75) minute session is between \$70 and \$120 depending on the client's financial ability. Because Coming Home Healing offers several weekly slots to clients who are unable to pay at this scale or at all, clients who find themselves in seasons of comfortable financial resources are invited into community responsibility to pay towards the higher end of the sliding scale.

Financial exchange can be made by individual session, in session packages as needed by the client, in 6-session packages for clients working weekly, or 3-session packages for clients working biweekly. Financial exchange can be made through Paypal invoice, in cash, over Venmo, Cashapp, or per another arrangement made directly between Charlotte Azad and the client.

### **Mutual Aid Cycle**

Coming Home Healing offers an internally-funded mutual aid system that renews every six weeks. If you are unable to offer financial exchange at the sliding scale above, you are invited to name the amount you can offer in an email to Charlotte Azad. Then, before the next mutual aid cycle starts, you will be added our mutual aid recipient list (without your name or identifying information). Clients and providers in the practice offer what they can to the mutual aid fund at the start of the next cycle, and you will be notified if the fund can cover your needs for that cycle.

The amount contributed to the mutual aid fund fluctuates from cycle to cycle, but if your need is covered by the fund at the top of the cycle, you are guaranteed to be supported for the duration of the six weeks. Coming Home Healing cannot guarantee that you will receive the amount you need from our mutual aid network each cycle, but will keep your name on the list until the need is met.

### **Email / Texting**

I cannot guarantee the confidentiality of any electronic media used to contact me.

### **Sign**

I \_\_\_\_\_ understand the scope and terms and agree to the terms outlined in this document.

Sign:

Date: