

Client Commitment Informed Consent

Coming Home Healing | Charlotte Azad

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 process their stories, explore and release sensations in their bodies, and integrate their experiences for a greater resilience capacity.

I will work with you to unpack stories and sensations in the body, offering tools and methods to interact with what emerges with the goal of expanding easeful breath, establishing nervous system safety, and touching into the goodness and love that supports a resilient life. I see the goal of our time together to be: loosening the grip of past and current traumagenic experiences, creating room for safety and love, and building capacity for resilient interaction with the whole of your life.

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 an "appointment") with anyone unless in a rare case I see need for a confidential consultation with 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.

I maintain the confidentiality and privacy of each client and their records as protected by state law and professional ethics. There are a few, rare instances where safety takes precedence over confidentiality. These situations include: (1) if I suspect you intend to harm yourself or another person; (2) if I suspect a child, elder, or dependent adult as been or will be abused or neglected; (3) in a rare circumstance that I may be ordered by a judge to release information (subpoena). In all other circumstances I maintain confidentiality unless you give me expressed written authorization to do otherwise.

Because I am currently in training as a Somatic Experiencing Practitioner, I occasionally use the content of client stories or experiences (without identifying information about the client) in an educational context within the confidential, protected online classrooms with other professionals.

I also occasionally use the content of client stories or experiences (without identifying information about the client) in classwork for my instructors. It is totally voluntary to agree that your occasional stories and experiences be used in this way for my further training. If you don't feel comfortable with this idea, don't sign the line immediately following.

I _____ understand and agree to the situations in which Charlotte Azad might use the occasional content of our sessions (without my identifying information) for her further training: Sign _____ and Date _____.

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 current student of The Resilience Toolkit. She also has a Master's Diploma in Intercultural Communication, has training in conflict resolution, and has 10 years experience as a trainer and coach. Charlotte Azad takes a body-oriented, neurobiological approach in coaching sessions. In training and coaching contexts, 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 problems, trauma issues, PTSD, attachment wounds, relationship problems, belonging 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 therapy, we will work together toward the goals we establish. In addition to the work we share in our appointments, I may suggest some practices or reading for you to do between appointments. 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 official 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 _____ 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.

Fees and Appointments

The fee for a 60-75 minute coaching/ appointment is \$60. During the duration of the COVID virus and its effects on employment, I am open to discussing a sliding scale based on ability. Payments can be made in cash, over Venmo, Cashapp, or Paypal.

Email / Texting

I cannot guarantee the confidentiality of any electronic media used to contact me. I also do not provide coaching through text or email, and will only use text and email to share resources, schedule appointments, or to answer short questions.

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

Sign:

Date: