

*Chelsey Murdock*

**Compassionate Inquiry Coach**

## **Confidentiality and Informed Consent for Services**

As you consider participating in a Compassionate Inquiry session, it is important that we have a shared understanding about this modality and the conditions we agree upon.

Compassionate Inquiry is a somatic-based psychotherapeutic approach that gently uncovers and releases layers of childhood trauma, constriction and suppressed emotion embedded in the body, that are at the root of physical and mental illness and addiction.

Certain principles are maintained during a Compassionate Inquiry session. These are:

1. The client is encouraged to bring a specific intention to each session.
2. The client determines how much to engage in the session and may request to stop at any time.
3. The therapist may interrupt the client during the session to bring the client into awareness of the present moment and to body sensations and emotions.
4. The therapist follows the subtle cues of the client.

As a Compassionate Inquiry Coach, I have an ethical responsibility to protect your confidentiality. That means that what we discuss in your sessions is not shared with anyone else. This is essential for the therapeutic process. There are, however, important exceptions to confidentiality, where information could be released without your consent. This could happen if:

- I believe that you could be a risk or a danger to yourself or others
- I have received information leading me to suspect that a child may be at risk of being abused or neglected
- I am given information that a health care professional has sexually abused you
- Records are subpoenaed by a court of law

I will speak to a third party (i.e. family doctor) on your behalf if you would find that helpful, and if you communicate this request in writing.

You are responsible for the total charges incurred for each visit. I accept PayPal or Venmo.

As a Compassionate Inquiry Coach, I am accountable to you and to the Compassionate Inquiry Code of Ethics.

Although there can be many benefits to Compassionate Inquiry sessions, it can also be a difficult process that leads to the opening up of emotional pain. This may disrupt your relationships and daily activities. As I accompany you in your therapy journey, I will endeavor to create an attuned and safe container for any difficult material to be processed. Please discuss any concerns that you may have, with me.

I book sessions in advance. I do not offer crisis response. If you require immediate support dial 911 or go to the nearest emergency department.

I understand that things come up, and choices need to be made which can change your schedule. I respectfully request 48 hours' notice to cancel or reschedule your session. Charges apply to sessions cancelled within 24 hours.

I am not a licensed therapist or counselor. I do not treat or prescribe.

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**I have read and understand the above Confidentiality and Informed Consent statement, I hereby consent to coaching/psychotherapy services.**

Client Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Client Signature: \_\_\_\_\_ Date of Consent: \_\_\_\_\_

Witnessed By: \_\_\_\_\_

**I consent to email/text and phone communication with Chelsey Murdock**

Client Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Client Signature: \_\_\_\_\_ Date of Consent: \_\_\_\_\_

Tel. Home: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Witnessed By: \_\_\_\_\_