



Client Agreement

Our Work Together

Sessions are client-led, meaning that the you are in charge of what to explore and develop. Our sessions may include guided somatic journeying, energy work, and creative exploration in service of your stated outcomes. We will develop specific somatic, creative, meditative, and rest practices that you can do in between sessions. The more you invest in these practices in between sessions, the more results you'll see.

In both remote and hands-on sessions, you may experience physical and energetic shifts that require time afterwards for integration. I highly recommend that you take the same amount of time or longer after each session for your own integration through rest, meditative, and/or creative practices. I also recommend not scheduling any other healing or energy work (massage, reiki, etc.) for at least two days after our sessions.

Our sessions are not psychotherapy nor physical therapy and should not be used as a substitute for legal, financial or medical services. I will not diagnose illness or disease, manipulate the muscles, bones, or fascia of the body, nor prescribe medical treatment or pharmaceuticals. If issues surface that are best supported in a medical or psychotherapeutic setting, I will refer you to another professional. What you share in our sessions is confidential and will not be disclosed without permission except in the event that there exists an imminent risk of serious harm to a person or as otherwise required by law.

Building Your Practice

Remote sessions are approximately 60 minutes, but please schedule at least double this time in your calendar for integration purposes. Our first session is an opportunity to see if it is a fit for us to work together. If so, you'll decide if you want to work together weekly for 8 sessions over 3-4 months. Cost is \$4000 and payment is due upon booking via Venmo @julieannotis.

In-person sessions (\$500 each) that include hands-on energy work are available after you have completed a minimum of three months of remote sessions, provided that you have a hearty toolbox of self-directed somatic or energy practices you feel comfortable using post-session. In-person sessions are approximately 90 minutes each, but you should plan on taking the rest of the day for integration or rest, separately or together.

Cancellation & Scheduling

Sessions are non-refundable but may be rescheduled up to one month beyond our already scheduled sessions. You may reschedule any session **up to 24 hours before the time of your appointment** through the link in your Calendly confirmation email. Any session rescheduled after this time will be counted as a full session. Late arrival up to 20 minutes past appointment time is permitted, however the session will still conclude on time.

I agree to the terms as set forth above:

Client Signature _____ Date _____

Phone number: _____ *Work / Home / Cell* E-mail: _____

Street / City / State / Zip: _____

Client Signature _____ Date _____

Phone number: _____ *Work / Home / Cell* E-mail: _____

Address (if different from above): _____

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