



## **Confidentiality and Informed Consent Agreement for Samacitta Holistic Services**

*As you are or will be receiving ongoing holistic sessions - whether bodywork, yoga or compassionate inquiry - with Katrina Johnston t/a Samacitta (HK) Ltd, it is important that we have a shared understanding about the conditions we agree upon.*

Katrina Johnston - founder/owner of Samacitta (HK) Ltd & [www.samacitta.com](http://www.samacitta.com) - is a Holistic Professional and a member of the Esalen® Massage & Bodywork Association (EMBA), Yoga Alliance Italia & the International Yoga Alliance and is a member of and is accredited by the International Institute of Complementary Therapy (IICT) and is fully certified in Compassionate Inquiry by Dr. Gabor Mate and Sat Dharam Kaur.

Having both agreed already by email to commit to a session time and payment rate in advance, we both agree to adhere to the following conditions:

That, as a holistic professional, Katrina has an ethical responsibility to protect your safety and confidentiality: what we discuss together in your sessions is not shared with anyone else. Compassionate Inquiry sessions are recorded *only* with your verbal consent, for the purpose of writing a case study or for supervision, and recordings are not shared without further written consent. This trust is sacred to the process. There are exceptions to confidentiality, where information could be released without your consent, which apply *only* if/when:

- We believe that you could be at risk of being a danger to yourself or others
- We have received information leading us to suspect that a child may be at risk of being abused or neglected
- Records are subpoenaed by a court of law in your official country of residency

That, we understand things come up, and choices need to be made which can change your schedules. And, that, we respectfully request a minimum of **48**

**hours notice** to cancel or reschedule your session. Full session charges apply to any sessions cancelled within **24 hours notice**.

We respectfully ask that you keep to your dedicated, and agreed time slot, where possible.

That, as a private client, you are personally responsible for the payment of your sessions and agree to pay Katrina directly through the Samacitta website prior to the start of each session or - in the case of any block-session-bookings - before the first session start date. We will issue receipts after payment is fully processed.

That, you as a client, are responsible for your own health and well-being - physically and emotionally - and that you agree to disclose in full any health condition, medication or substance use (mind altering drugs and/or alcohol) prior to your first session and to update Katrina with any changes on this, where relevant. We respectfully ask that you do not smoke nicotine or any other substance, vape or eat during our sessions together, in order to facilitate best possible self-connection.

That, as a registered holistic professional, Katrina is accountable to you and to her regulatory bodies. If you wish to raise any concerns about any services, you are invited to contact the regulatory bodies as listed above. If you have any other concerns, Katrina invites you to voice your feelings directly with her, and fully encourages direct, open dialogue to best find a solution.

**I have read & fully accept & understand the terms & conditions, & I hereby give consent to receiving compassionate inquiry/yoga/bodywork sessions either face-to-face or via Zoom video online & to being in email/telephone/text communication with Katrina where appropriate.**

Client Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Mobile/Cell Phone: \_\_\_\_\_

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

Codice Fiscale: \_\_\_\_\_ (Italy only)

**Client**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

