

CLIENT: THERAPIST AGREEMENT

What to expect

If you choose to work with me, our relationship will be built on mutual trust and respect. Everything we discuss is confidential.

I will offer you my time, support, and the treatment that I feel will best help you, but ultimately you take responsibility for your own health and wellbeing.

Your consultations will be a time for you to discuss your symptoms in the context of your daily life. Your schedule and routines, sleep habits, nutrition, exercise, and past experiences will all have an impact on how you are feeling now.

I encourage you to be open and honest about all these things. There is no judgement in anything we discuss – I am here to listen to you, understand you and support you.

I may encourage you to make small changes to your lifestyle, for example your nutrition or sleep habits. These suggestions will support your overall treatment.

A few points about your treatment and progress:

- Homeopathy is a process whereby the body is gently stimulated to heal itself.
- Homeopathy is a gentle process – your body needs time to heal. Improvement may take time and it's important you understand this.
- Your progress will depend on your current state of health, how severe your symptoms are and how long you have experienced them.
- I cannot provide any promises or guarantees about your progress. This is something we can discuss during your Discovery Call, and I will be honest about if I think I can help.
- Homeopathy is a holistic therapy. This means that you can expect to see positive changes in your sleep and energy, alongside progress with the symptoms you are seeking help for.
- Previous symptoms may reappear during your treatment. This is part of the homeopathic 'law of cure' and is a good thing! It indicates that deeper healing is taking place.
- I may require you to keep a note of various symptoms between your appointments. This is so I can see how well you are progressing. It also helps me to decide on your next prescription.



My commitment to you

I offer you a safe, supportive environment where I will be honest, non-judgemental and professional.

I will respond to any contact from you as soon as I can within my normal working hours. I do not offer an out of hours service. You can contact the [Homeopathic Helpline](#) out of hours if you need urgent support.

Your commitment to me

You agree to take your remedies as prescribed. If you have any concerns about how or when to take your prescription you will contact me so we can discuss this.

You will keep a note of your appointment times and attend and pay punctually. You understand that if you are late, I may not be able to complete a full appointment.

Payment

I accept payment by BACs and credit or debit card.

Payment is due on making your appointment, or at least one day in advance of your appointment. You will receive an invoice with details of how to pay.

Additional remedies will incur an additional charge. Herbal drops or any other additional items not included in the consultation fee, are due on the day of the appointment.

If you have any difficulties in making payment, please let me know as soon as possible so that we can discuss your payment options.

Cancellation Policy

Please give me at least one day's notice of any cancellation or appointment change. A 50% fee may be payable for late cancellations if I'm not able to fill your appointment time.

You will receive an email reminder and a text reminder a few days before your appointment. These will provide a link to change your appointment if necessary, or you can contact me to let me know.

I hope this information is helpful and I look forward to working with you. Sarah

