

Commitment to NLP Coaching Process:

- I have read and understood the description of all therapies (as per website information www.heartwisdomconnection.com) offered and have been given the opportunity to ask questions on the process. I have been advised of other alternatives to care and I have been advised of all possible side effects to the coaching process and/or complementary body mind integrative modalities. I freely elect to proceed with the NLP Coaching, Time Line Therapy™, Create Your Future Processes®, Heart Wisdom Connection™ (Motivational Dialogue & Living Metaphor and Blueprints for health and wellness), Heart Centered Therapy, and/or Hypnotherapy. _____
- I have been advised that all therapies are not included under the massage therapy scope of practice and are not billed as such. All therapies are not reimbursable under an extended health care plan.

- I am not under the care of a physician for depression, anxiety, personality disorder, post traumatic stress disorder and/or any physical or mental illness.

- I am under the care of a physician for physical and or mental illness, state condition _____ and medications _____ and primary care physician _____. I have been advised that a Medical Waiver form is required to be completed.

- I understand that Shauna Park is not a medical doctor or psychologist nor does she make any representations, guarantees or warranties regarding medical and/or psychological diagnosis and is not treating specific health conditions nor professing to heal emotional, mental or physical conditions.

- **I understand that cancellations of my scheduled appointment(s) without 2 days notice (48 hours) will be charged the full fee.**

I understand that it is hereby agreed by myself, the client, that in receiving NLP Coaching Services, which may include Neuro Linguistic Programming, Time Line Therapy™, Hypnotherapy, Create Your Future Processes®, Heart Wisdom Connection™ (Motivational Dialogue and Living Metaphor and Blueprints for health and wellness) and/or Heart Centered Therapy, that it is agreed by myself, the client, that in receiving the above mentioned services, Shauna Park shall not be held liable in contract or in tort for any personal injury whatsoever. Costs and/or fees limited to cost of session as per discretion of Shauna Park.

For services provided over Skype, telephone and internet, as well as personal face to face consultation, the discussions and contents of NLP exercises which includes:

NLP Coaching Services, which may include Neuro Linguistic Programming, Time Line Therapy™, Hypnotherapy, Create Your Future Processes®, Heart Wisdom Connection™ (Motivational Dialogue and Living Metaphor and Blueprint of Wellness using NLP) and/or Heart Centered Therapy:

I understand and agree that this information which comprises client file is property of Shauna Park. I agree that I am not taping or recording sessions and that I am not receiving recordings, videos or copies of scripts and/or discussions of sessions. This is according to NLP coaching guidelines and regulations and is a policy in place for best interest of the client. This policy does not apply to assigned tasks, reference materials such as books, and suggestions for client tasking and follow through.

I have read the required information on services offered and I am 18 years of age. I freely elect to proceed with the NLP Coaching and above mentioned services, and all services defined in this document.

Name:

Signature:

Date:

Results are based on 100 % commitment and completion of the process:

This means you must finish the program and attend every session. You must go through the entire process all the way to the end. You must do the tasking exercises throughout and after the session, and you need to do it fully and completely. This is based on the **evidence procedure** in the initial intake. The process involves identifying the underlying problem strategy that is running at the unconscious level and the possible steps involved to transform and change it, within reasonable and ethical guidelines ... It also relates to helping you get in touch with your own inner knowing and resources to change thoughts and behaviours that are not achieving **your** desired outcomes. The commitment guarantee means that you will follow through with your commitment and use your inner resources to create new positive thoughts and behaviours to achieve the results you want. Convincer Filter Explained _____.

This does not imply "curing" or "healing" physical or emotional illness or disease, nor does it imply "fixing" your problem. It is a valuable tool and process to give you awareness as to the possible thought patterns that are contributing to your situation and the inner tools you possess to help change unwanted behaviours, patterns, thoughts and strategies so you can create solutions for your situation. _____.

Mind Support Techniques for Well Being

Mind Support techniques **are not a cure for systemic and/or emotional disease or pathology, and are intended to be used in conjunction with standard medical treatments. Depression, anxiety and/or personality disorders require the diagnosis and care of a physician or psychiatrist.**

Mind Support techniques are used in a coaching structure and are intended for motivation and empowerment. Mind Support techniques are an ideal complement for counselling and psychotherapy. Mind/body correlation helps to define "feelings as they relate in the inner landscape" to emotions and affects on the physical body and mental thought processes (i.e. what are triggers, assumptions and/or beliefs that affect mood and perception of experiences).

Fee Structure

\$195	Assessment Fee (Values Assessment, Intake Form 2.5 hrs)
\$125	Heart Wisdom Connection, Follow-up NLP Coaching Session (1.25 hrs)
\$325	3 hour NLP Coaching session (fee set for 3 + hour session to maximum of 4.0 hours, if session goes longer than 3 hours)
\$150	Heart Wisdom Connection®, Follow-up NLP Coaching Session (1.50 hrs)

Techniques & Therapies

NeuroLinguistic Programming (NLP): NLP is a model of communication – how we communicate to self and others – and how that communication creates and affects our behaviour. As a study it is a synthesis of cognitive and behavioural philosophies which focus on the information coming through the neurology (cognitive) and the programs we run inside our heads to produce the behaviours we do.

NLP Coaching: A coach can help to set outcomes and goals, encourage and assist in the discovery of inner resources through tasking, Neuro Linguistic Programming and Creating Your Future ® processes. An NLP Coach motivates, creates insight, evokes, challenges, stimulates, supports and encourages client self-expression.

Time Line Therapy™ (Create Your Future Processes®): The techniques are a process of active imagination where the client imagines floating above their Time Line and letting go of their negative emotions and/or limiting decisions (or limiting beliefs). Then the client is also asked to imagine creating events in their future that support their goals or outcomes. Visualization and kinaesthetic responses are temporarily disassociated allowing the client to explore and change perceptions of memories through positive learnings and other techniques to reduce emotional trigger response.

Motivational Dialogue – Parts Integration: A knowledge of anatomy, physiology and movement/function of the physical body is combined with active imagination and masterful dialogue techniques to explore the inner landscape. Principles of psychology, kinesiology, linguistics and verbal and non-verbal communication are applied for self discovery and expression i.e. how language (linguistics) is used to express our experiences and internal representations of our perceptions via the five senses (programs). The body is used as a metaphor for self exploration to access unexpressed emotion and inner conflict for parts integration from within. The objective is to identify inner conflicts and stressors in our unconscious awareness, so that we **can identify resources needed for change and resolution** in our conscious awareness. This process increases clarity, congruency and self awareness and expression of feelings and experiences. Using the body as metaphor combined with visual imagery the client imagines going "inward" to explore thoughts, feelings, wants, desires, perceived obstacles and conflicts and to identify inner/outer resources, values, beliefs and goals for planning and solution implementation.

Heart Wisdom Connection® (motivational dialogue with NLP):

Facilitated dialogue with heart wisdom connection where a client accesses their own inner wisdom with loving intention and connection. This is a masterful dialoguing session that **does not involve hands on therapy**. Rhythms of breath are introduced for greater awareness and integration through the body mind framework. Heart Wisdom Connection™ Follow Through Strategies are created using **personalized** anchors, integrated through breath to support the state of mind needed for awareness, support and change. Heart Wisdom Connection™ is a composition of masterful dialogue and Neuro Linguistic Programming (NLP). The goal is to access emotional intelligence of the heart, while exploring non-verbal communication and linguistic programs for mind/body awareness in behaviour modification and following one's heart.

HEART WISDOM CONNECTION® Living Metaphors & Blueprint of Wellness

A conscious process using the active imagination and living fully into the imagination to access wisdom on health and wellness which transfers to the unconscious awareness. NLP for representational systems and positive towards language is used for positive reinforcement.

High powered visualization and linguistics techniques are used for positive change. Living Metaphor and Blueprints of Wellness are used to help access your own inner wisdom and processes from a relaxed state of mind so that you can incorporate the changes at the conscious level, while still being aware of your choices and actions. High powered visualization techniques can be used to help athletes achieve greater concentration, decrease pain and emotional anxiety, increase team cohesiveness and improve athletic performance.

Hypnotherapy: High powered visualization techniques used for positive change at the automatic, unconscious level. State of focused concentration that is used to help access your own inner wisdom and processes from a relaxed state of mind so that you can incorporate the changes at the conscious level, while still being aware of your choices and actions. High powered visualization techniques are used by sports psychologists to help athletes achieve greater concentration, decrease pain and emotional anxiety, increase team cohesiveness and improve athletic performance.