

## Healthcare acknowledgement & Disclaimer

- This program is 50% psychoeducation 50% embodiment.
- The first session always takes longer.
- We do one week of content (module psychoeducation and one week implementation, neurosensory exercises, polyvagal practices and somatic work) this is foundational and necessary for transformation to take place in an embodied way.
- We do not work with meditations as this bypasses the system. What we do are somatic, polyvagal, neurosensory guided exercises and embodied somatic practices.
- In order for us to have results and transformation we need to practice and embody concepts- if not this will cause more anxiety and re-traumatize system. The importance of building capacity in our somatic systems is fundamental so we can learn to be with the intense emotions, sensations, and memories (which is what leads to them releasing).
- \*Strategies and practices (like meditation & concepts are great and often needed, but they are NOT enough to restore nervous system regulation (aka: heal trauma).
- Therapeutic relationship is one of reciprocity and mutuality. It is fundamental for you to know that resistance may unconsciously show up for you and your work during the program. I am here to support and help you walk through those self- protective patterns and support you in building new pathways of safety, regulation and have transformational breakthroughs.
- The human experience is unique. Results are different for everyone and depend on the work you put into applying and embodying the practices and concepts in your daily life experience.
- This is not a quick fix, this is a lifestyle.