

Before we begin working together, please read this agreement carefully and sign and date it. The form will ask you about your present condition for which you seek help as well as any other issues you might have. It also sets out the context in which you will get the outcome you want. It also covers some of the issues of law governing our relationship.

**1. Mental Emotional Release (MER), Neuro-Linguistic Programming (NLP) and Thought Field Therapy (TFT) is alternative or complimentary healthcare under the laws of a number of states:** The person you will be working with is not licensed. That means that she is not a Medical Doctor, psychiatrist, psychologist, MFCC or MSW. **And you acknowledge that you have never worked with a licensed person on this problem.** (If you have, you need to present us a letter of consent from the doctor before we begin working together. This means a short written note stating that you have informed your health care provider of your decision to engage in NLP and Mental Emotional Release and Tapping and Furthermore, nothing that happens here in our sessions should be construed as, nor should you believe that it is a substitute for the advice of a licensed person or a medical professional.

**2. What to Expect:**

Your Practitioner has been trained and certified in Mental Emotional Release (MER) and Neuro-Linguistic Programming at the Master Practitioner Level, is a Trainer of NLP and has received advanced training in Tapping Therapies and other techniques. The process will probably be different from what you might have expected. In total, we will not spend a lot of time talking about the problem, just gathering information about it. In fact most of the session(s) are about other things.

It is very important for us to discover the internal thought process of HOW you create the problem. That means we are looking for your strategy, or how you structure the problem. Because our focus is on the structure, that means once we discover it, we can move on and focus on having the problem disappear very quickly.

Because of this your Master Practitioner may cut short your answers or even talk about your problem in ways that you have never considered. She may ask you questions that you do not totally understand consciously in order for your Unconscious Mind to make the changes you want at the unconscious level. It is important to do this so that we can reduce the time taken for the therapeutic process. If you have been in a therapy session before, expect this to be very different and quite a bit shorter.

**3. This is the process.** We begin with you telling us the problem. We will ask you for examples of the problem and other questions to discover HOW you do in your head. We will also probe to discover the source of the problem – the precipitating event(s). Sometime before the end of this part of the session we will ask you what has to happen so you will know that the problem is gone.

**4. After the session.** We will probably assign you some very specific tasks to do. These tasks are, absolutely, a fundamental part of the process, they may take up to several days or weeks to complete. The tasks are directly related to the circumstances that created the problem. **You Must Do Them.** If you do not, then neither you nor we can predict the outcome of the process. Certainly any guarantees will not be valid if you do not do the tasking.

The second thing that is important is that you will have to stubbornly focus on what you want. The people who are the happiest over-all in life are those who recognize that you have a choice to focus on what you don't want or what you do want. You can focus on negative emotions and things that make you feel bad, or you can focus on positive emotions and things that make you feel good. **You Must Focus On What You**

**Want.** Finally, if your old pattern rears its ugly head then you must refuse to do that pattern again. Please remember that we have the utmost and complete respect for you and absolutely no respect for your old problem.

**a: Mental Emotional Release (MER):** The techniques are a process of active imagination where the client imagines floating above his/her time line and letting go of the negative emotions and or limiting decisions (or limiting beliefs). Then the client is also asked to imagine creating events in his/her future that support his/her goals and outcomes. Mental Emotional Release: has demonstrated results in a broad variety of presenting problems, it is a powerful technique, which allows clients to make long lasting, changes in a very rapid way..

**b. Neuro Linguistic Programming (NLP):**

NLP is a model of communication - how we communicate to self and others –and how that communication creates and affects our behavior. As a study it is a synthesis of cognitive and behavioral philosophies, which focus on the information coming in through the neurology (cognitive) and the programs we run inside our head to produce the behaviors (behavioral) we do.

**c. Thought Field Therapy (TFT)**

TFT works to reprogram the body by tapping on meridian points. Based on principles of ancient acupressure and modern psychology. It calms the nervous system and restores balance in the body.

**d. Mindscaping and Creative Visualizations**

Use guided imagery to allow you to uncover answers to problems and help you to get the results you want.

**Confidentiality:** We keep all information we receive from you confidential, and we do not disclose it to persons outside of our company. All client information is kept strictly confidential and is for our internal use only. (Importantly we are required in some states to share information about child abuse with state bodies that oversee such matter.)

**5. Your Choice, Your Responsibility:**

While, during the session we will offer advice and other ways of looking at your problem and its solutions for your consideration, you hereby agree that whatever we discuss is only our perspective and is not binding upon you, nor is it a prescription. If you want to discuss our suggestions with someone else, you should discuss them with a licensed healthcare provider. It is your responsibility to communicate your results to us. Our liability is limited to the total amount paid for the sessions.

**Disclaimer:** *I am not a licensed medical professional or licensed therapist. Information should not be used as a substitute for medical advice or care and does NOT replace medical treatment for any condition that requires diagnosis or treatment from a medical professional. Our work is not intended to diagnose, prescribe, treat, or cure any disease or illness, physical or psychological or considered a prescription, a cure, or a guarantee of results. You should not discontinue or modify any medication or medical advice without obtaining approval from your healthcare professional. You as the client must take complete responsibility for your own physical health and emotional care.*

Client Name: ..... Signature: ..... Date:.....

Practitioner: **Patricia Taylor** Signature:..... Date:.....

Taylor NLP LLC (Doing business as Trish Taylor Coaching)