



“Your First Metaphysical Coaching Session”

First, thank you. Thank you from our hearts for choosing us for the next amazing chapter of your life. Making the decision to better yourself is by far one of the bravest decisions anyone can make, so be proud of yourself. Our #1 goal is to be as amazing as the choice you’ve made. At ARISE you will always know, “Why we do this, How we do it, & What to expect”.

We’ve identified a few keys to help you navigate your first visit based on our successful client interactions.

- We will never ask you to tell us about yourself without explaining who we are first. Our qualifications, experience, & methods will be explained clearly. Ask as many questions as you would like.
- It’s perfectly normal to be a little nervous. Just like any new relationship, this is a good sign. Focus on the fact that you are here for you & we are here for you. We’ll make you as comfortable as we can.
- Metaphysical Coaching is your time. The topics that matter most to you, matter most to us. We have found that some have specific goals or concerns they would like to immediately address. If you’re not sure about the topic just yet, that’s ok, we’ve got you covered. Your Metaphysical Coach will use a results-driven method to guide you through each session. Your first session will consist of a guided walkthrough of 7 areas of your life that have the most impact on your experience. These will range from your work/life balance, goals, challenges, spiritual beliefs, relationships, family dynamics, & more. Spend as much time on each area as needed. Remember, your confidentiality is also a focus at Arise.
- Your Metaphysical Coach will take notes and ask you questions as they guide you through the process. We will also work together to develop your immediate & long-term goals.
- During the session we will share with you the notes & observations we have made. We will clearly explain our plan to assist you in reaching your goals & becoming the best, most refined version of you. Using our experience & expertise we will also share with you varying at-home techniques to facilitate your goals & comfort during the process. These can range from recommendations, meditations, self-discovery exercises, energetic healing work, affirmations, & many more. Our success is based on yours & we aim to deliver, all within our “Standard of Care”.



Client Information

At Arise, we want to learn about You from You. Please feel free to share any information about your identity to facilitate the best experience.

Name: _____ DOB: _____

Preferred Name or Nickname: _____

Additional Identifying Information: _____

Best Contact #'s: _____

Home & Mailing Address _____

City _____ State _____ Zip _____

Email: _____

Emergency Contact Name, Phone, Relationship _____

Ok to contact you by phone, text, and/or email? Yes No

OK to leave message? Yes No

How did you hear about us? _____



Informed Consent for Metaphysical Coaching

Introduction

Welcome! I look forward to the opportunity to meet with you. Please review the information below carefully and make note of any questions you have. We can discuss these at our next session. This form contains important information regarding “Metaphysical Coaching” and the services we will be providing, including expectations, services delivered, & the protection of your information. After reading this form please initial and sign to indicate that you fully understand & agree to the agreement made between us.

Metaphysical Coaching Services

Metaphysical Coaching is holistic personal development based on metaphysical & spiritual principles. This approach facilitates living a more authentic, intentional, & successful life by making consciously inspired choices. We believe that the alignment of the body’s etheric system is also crucial to living our best life. This self-empowering coaching gives us the tools to identify and address the imbalances in our belief system, mind, & body that cause conflict and prevent us from achieving success and happiness. These beliefs and misalignments can sometimes be subconscious & difficult for us to see on our own. Metaphysical Coaching is based on a respectful and mutually collaborative relationship. During our session, I may draw upon multiple holistic, evidence-based, & spiritual approaches congruent with my training, background, & assessment of your individual goals. Over the first few sessions I will work with you to identify goals for our sessions, and I welcome any questions or concerns you may have. Finding the right “fit”, is a very important part of any goal-oriented counseling or coaching. If at any time you feel I am not a good “fit”, you have the right to terminate any ongoing sessions. Additionally, if I feel that your needs may be better addressed by a professional that provides a different type of coaching, professional counseling, or medicine, I will advise you of this immediately. Individual Metaphysical Coaching sessions are all 50-55 minutes in duration.

Non-Psychotherapy & Non-Medical Disclosure _____ (Initial)

The following is extremely important. Please read carefully & initial demonstrating that you fully understand this paragraph. If at any time you feel you need more explanation or information, please ask right away.

Arise Healing Centers “Metaphysical Coaching” services ARE NOT psychotherapy services. Metaphysical Coaching services are not the same as traditional “Licensed Counseling” services. Metaphysical Coaches are not professionally licensed counselors & do not report to an oversight board of any kind. Metaphysical Coaching is similar to “Life Coaching” and/or “Spiritual Counseling”, as it incorporates aspects of both. Metaphysical Coaches identify and describe current limiting behaviors & beliefs so that we can work together to modify them. Additionally, as a Metaphysical Coach, I will never offer a professional “diagnosis” of any kind. Also, Metaphysical Counselors will not attempt to manage mental illness of any kind. If you believe you are suffering from a mental or physical illness, I will always provide information on where to seek assistance. Metaphysical Coaches do not perform medical treatment, prescribe, or interfere with the treatment of a licensed healthcare professional.

Financial _____ (Initial)

Metaphysical Coaching services are offered at a rate \$170 per 50-55 minute counseling session. Cancelling appointments at the last minute or no-showing appointments are detrimental to therapeutic growth and our practice, for this reason missed appointments or appointments cancelled without 24 hour notice will be charged the full rate of your session. All receivable payments are payable to Dantia Wellness LLC DBA Arise Healing Centers. Any payment methods provided to us can be used to collect outstanding balances. Payment methods are processed & stored by MX Merchant/Priority Payments Incorporated.

Limitations of Metaphysical Coaching _____ (Initial)

Metaphysical Coaching can provide many benefits. Risks are also present, and no specific outcome can be guaranteed. Many benefits can occur from our sessions, including reduction of unpleasant feelings or behaviors. Often addressing negative or difficult behaviors & beliefs are necessary. Assisted self-realization can result in feelings such as anger, sadness, and frustration. It is not uncommon to grow and change behaviorally in different ways than expected. Please feel free to bring up any questions or concerns you have. I encourage you to engage in development and periodic review of your overall goals & progress.

Confidentiality & Disclosure _____ (Initial)

All information disclosed within our Metaphysical Coaching sessions is confidential and will not be disclosed to any other party, unless the information is within the following parameters: if I learn or have reasonable suspicion that a child, elder or dependent person is being abused or neglected; if I learn or have reasonable suspicion that a client presents a danger either to self or others, or is gravely disabled. As a client of Metaphysical Coaching your information is NOT protected by the Health Information Portability Accountability Act (HIPAA). However, Arise Healing Centers Metaphysics & Metaphysical Coaching will always keep your information confidential & protected to the same standards of most clinicians.

Dual Relationships & Conflict of Interest

If an event occurs where I learn that there is a conflict of interest in the course of our sessions, I may need to withdraw from Metaphysical Coaching services to you and provide you with a referral to another provider. For example, If I learn that we have friends or family in common I will inform you immediately & stop our services. In the event, that I am no longer able to provide you with services or feel that additional services may be beneficial I may provide you with referrals to other professionals.

Telephone & Emergency Procedures

My ability to return phone calls is limited so it is recommended you leave messages for me through the main office phone number. If you are experiencing an immediate crisis please call 911, contact your family physician, or the nearest hospital emergency room. The Crisis Response Network provides a 24/7 telephone hotline for those experiencing an immediate crisis @ (602) 222-9444.

Text, E-mail and Electronic Communication _____ (Initial)

Communication via text, email or other means of electronic communication is not a secure means of protecting confidentiality. By signing you are stating you understand there is a risk of inadvertent disclosure of your information and that you understand and accept this risk.

Forensic & Legal Action

I am not an expert witness or forensic expert. I do not provide expert opinion for litigation including but not limited to; custody, visitation, mental status and/or other court/legal related issues.

Right to Refuse Service

I maintain the right to refuse service to any client at any time. In the event that a client appears to be under the influence of a substance at the time of our session, the session will be immediately canceled and the client will be responsible for paying for the canceled session. In the event that a client presents a danger to my safety I have the right to terminate services. As a client you also have the right to terminate our sessions & services at any time.

Hold Harmless Indemnification_____ (Initial)

Client hereby agrees to indemnify, protect, defend and hold harmless Dantia Wellness LLC DBA Arise Healing Centers and its partners, members, managers, agents, affiliates, employees and assigns (collectively, the "Indemnified Parties") from any loss, damage, expense, including attorney's fees and expert expenses, or liability they may suffer or incur as a result of claims or demands made against the Indemnified Parties that arise out of Metaphysical Counselor's provision of the services under this Agreement & any "Metaphysical Coaching" delivered on Dantia Wellness DBA Arise Healing Centers premise, including without limitation, any claims against the Indemnified Parties for damages arising out of any accidents, injuries (including death) or damages to persons or property caused directly or indirectly by our representatives, contractors, & staff or sustained in connection with performance of the services under this Agreement.

I hereby understand & agree to abide by this **Informed Consent for Metaphysical Coaching:**

Client Signature**Name (print)****Date**

Metaphysical Coach Signature**Name (print)****Date**



Standard of Care

- **Always Provide a Clear Definition of Our Practice**
- **Provide a Safe, Comfortable & Confidential Space for Healing**
- **Qualified Professionals Practicing Result-Driven Methods**
- **Consistent Experience for Every Client Every Time**
- **Focus on Equality Between Client & Professional**
- **Professionalism, Courtesy, & Respect for All**
- **Utilization of Techniques Based on Result-Driven Methodologies**
- **Creation of a Clear & Easily Explainable Pathway of Healing**
- **Goal of Measurable Healing & Ongoing Support**
- **Respect For All Ideologies, Beliefs, & Values**
- **Consistent Focus on an Authentic & Empathetic Interaction**
- **Respect For each Client as an Individual Having an Individual Experience**



Reschedule, Cancellation, No Show Policy

We understand you may need to cancel or reschedule appointments. We ask that you provide a 24-hour notice for cancelling or rescheduling an appointment. Failure to provide 24-hour notice to reschedule or cancel will result in your account being charged the full session rate.

We will verify your benefits with your insurance carrier and upon your request may provide you with a reference number. Despite our best efforts to verify your benefits your insurance plan may not cover all services or cover the amount of services stated when we verify your benefits. If your insurance will not reimburse Arise Healing Centers, you will be responsible for the remaining balance. We encourage you to reach out directly to your insurance provider to resolve any concerns.

I understand that if I no-show an appointment or fail to cancel or reschedule with 24-hour notice my card will be charged a no-show fee. I understand that if I receive counseling services that my insurance provider does not cover or reimburse Arise Healing Services for, I am responsible for the balance of these services.

Every patient in our practice receives this unique reservation. When your appointment is made, a time is reserved, your materials are ordered, and we make special arrangements to be ready for your visit. Except for emergency treatment for another patient, you can expect us to be prompt. We, of course, would appreciate the same courtesy from you.

*Repeated cancellations or missed appointments will result in loss of future appointment privileges.

Client Name

Client Signature (Parents/Legal Guardian for Minors)

Date