



CLIENT DISCLOSURE & AGREEMENT

Before we begin, please read this agreement, sign it and date it. This will let us know that you understand what is written here. This form will ask you about your present condition for which you seek therapy as well as any other issues you might have. It also sets out the context in which you will get the outcome that you want. It also covers some of the governing laws regarding our relationship.

Items Covered:

1. Timeline Therapy™
2. What to Expect
3. The Process
4. After the session
5. Alternative Therapy
6. Definitions
 - a. Timeline Therapy™ Techniques
 - b. Neuro Linguistic Programming
 - c. Hypnosis
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This information is for your benefit and the knowledge will enable us to achieve the best results possible throughout your session.

We look forward to working with you and assisting you to create the life that you want.

Regards,

The Team at Life Puzzle

1. Timeline Therapy™ is alternative or complimentary health care under the laws of a number of states: The person you will be working with is not licensed. That means that he/she is not a Medical Doctor, Psychologist or Psychiatrist, M.F.T, or M.S.W, 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 referral from him/her before we start therapy. The same applies if you have prescribed medication from him/her we will also need a letter of referral. This means a short written note stating that you have informed your health care provider of your decision to engage in Timeline Therapy™ techniques). Furthermore, nothing that happens here in therapy should be construed as, nor should you believe that it is a substitute for the advice of a licensed person.
2. What to Expect: Your alternative health care practitioner has been trained and certified in Timeline Therapy™ at the Master Practitioner Level and will be doing this technique along with Neuro Linguistic Programming (NLP) and Hypnosis. The therapy 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 the 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 that we are looking for your strategy or how you structure the problem. Because our focus is on structure, that means that once we discover it, we can move on and focus on having the problem disappear very quickly.

Because of this, your Timeline Therapy™ Master Practitioner may cut short your answers or even talk about your problem in ways that you have never considered. We may even ask you questions that you don't totally understand at a consciously in order for your unconscious mind to make the changes you want at the unconscious level. It is important to do this so we can reduce the time taken for the therapeutic process.

NOTE: If you have been in a therapy session before, expect that this one will be very different, and quite a bit shorter.

3. The Process: We begin with you telling us the problem. We will ask for examples of the problem and other questions to discover HOW you do it in your head. We will also probe to discover the source of the problem - the precipitating event(s). Some time 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. If assigned these tasks are, absolutely, a fundamental part of the therapy. 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 therapy. Certainly, any guarantees will not be valid if you do not do the tasking.

The second thing that is important is that you will need 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 the negative emotions and things that make you feel bad, or you can focus on positive emotions and things that make you feel good. It is your choice. After the session, YOU MUST FOCUS ON WHAT YOU WANT.

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

5. This is Alternative or Complementary Health Care and Therapy: Your Timeline Therapy™ Master Practitioner is a legal complimentary healthcare provider, and not a licensed Medical Doctor, Psychologist, Psychiatrist, Masters in Family Therapy (MFT), or a Masters in Social Work (MSW). The services you receive are not licensed in this state, nor are they regulated by a governmental body. The self regulated holistic treatments and client-centered disciplines in which your practitioner is trained and in which he/she has experience include, consulting and coaching, Timeline Therapy™ techniques, Neuro Linguistic Programming and Hypnosis. We will always provide only those services in which we have been trained, and if we find that we cannot help you, we will refer you to a licensed person who can assist you. During your therapy session we will use one or more of the following techniques:

6. Definitions:

- a. Timeline Therapy™ Techniques: The techniques are a process of active imagination where the client imagines floating above their Timeline and letting go of his negative emotions or limiting decisions (or limiting beliefs). Then the client is also asked to imagine events in their future that support their goals or outcomes. Timeline Therapy™ techniques have 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. Your practitioner is certified as a Timeline Therapy™ Master Practitioner by the Timeline Therapy™ Association.



- b. Neuro Linguistic Programming (NLP): NLP is 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 heads to produce the behaviors (behavioral) we do. Your practitioner is certified as an NLP Master Practitioner by the American Board of Neuro Linguistic Programming.
 - c. Hypnosis: This is use of trance to make changes at the unconscious level. Hypnosis has been used to produce unconscious change with clients since 1843. All of our practitioners are trained and certified as Hypnotherapists by the American Board of Hypnotherapy. Since Hypnosis may be used during your session, for your safety you should make sure that you are totally wide awake before driving or doing any other activity that may require your concentration. Your practitioner is certified as a Hypnotherapist by the American Board of Hypnotherapy.
7. Confidentiality: We keep all information that we receive from you, confidential, and do not disclose it to persons outside 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 who oversee such matters)
8. Your Guarantee: All work that we do is guaranteed. That means that you will receive the support and follow up to ensure that you get the results that you wanted. We guarantee our work because our experience has shown us that our clients always get results. The guarantee works like this:
You must finish the program. That means, you attend every session. You must go through the entire process of therapy all the way to the end.
You must do the tasking after the session, and you need to do it fully and completely.
Having done this and allowed some time (say up to 2 weeks) for the process to integrate then we agree to work with you at no charge until you get the results you want.
9. Your Choice, Your Responsibility: While, during the session, we will offer you 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 prescription. If you want to discuss our suggestions with someone else, you should discuss them with a licensed health care provider. It is your responsibility to confirm whether or not any changes we made produce the desired results. It is your responsibility to communicate your results to us. Our liability is limited to the amount paid for the therapy.

Signed

Print Name

Date