

NonTherapy Relationship Agreement

The nature of my work is holistic, trauma-informed, transpersonal coaching and spiritual direction. While I am a licensed psychotherapist, the majority of the work I do now expands beyond the field of psychotherapy, as such, I will not be operating as a therapist with you and our relationship will not be a therapist-patient relationship. I do still offer some limited psychotherapy sessions in Colorado and Nevada, but the majority of the work I am doing now falls into the framework of holistic healing, consultation, spiritual direction and coaching.

The premise of clinical psychotherapy is that the therapists job is to treat the mental illness of the patient. By its very nature, clinical psychotherapy holds a pathological orientation to the client. In order to provide psychotherapy, a clinician must diagnose a client with a mental disorder. I am generally opposed to this orientation as I operate from a nonpathological approach. One of my core beliefs is that each of us has a Grounded Self that is wise and whole. As such, my job is to not to fix you, rather it is to help you release of the beliefs and woundings that have attached to you obscuring the beauty of who you are.

One of the great things about psychotherapy is that the boundaries and ethics in psychotherapy are more thoroughly discussed and held than in other unregulated healing practices. Unfortunately, some of those boundaries and ethical standards are sometimes rigid beyond being useful. For example, in psychotherapy, it is considered unethical to provide treatments that are not clinically validated – that is, one shouldn't use treatments (again, notice treatment which implies an illness) unless there has been a double-blind study proving its efficacy. It is a very Western, linear and scientific approach to wellness. But the scientific approach is only one orientation to well-being. The scientific approach disregards the felt sense and the embodied knowingness of ancient wisdom traditions. The scientific approach leaves out mystery, spirituality, energy, guides, altered states of consciousness, ancestors, the collective, sound healing, connection to the divine, and so much more.

Psychotherapy tends to place its focus on past and present, while coaching is more focused on the future. Holistic spiritual coaching, however, is focused on connecting to the Source and enhancing our experience of our own divine nature. The understanding is that we will never live into our most peaceful, content and Grounded Whole Self until we know the essence of our Source. So, while working through our trauma is important, and while setting and attaining goals is helpful, neither of these approaches alone truly provides the peace and solidity needed to live our best lives.

As a culturally competent coach, movement and embodiment educator, energy healer, spiritual guide, yoga instructor, creative and expressive arts facilitator, and embodied/somatic meditation instructor, I offer a more holistic and integrated approach to healing than clinical psychology offers. While I will not be working with you as a therapist, the work I do is highly trauma-informed.

If you live in Colorado or Nevada, and would like to limit our relationship to a therapist-patient relationship, please do not sign this form. Rather, please discuss this with me live.

I understand that my relationship with Sabrina Santa Clara and The Center for Embodied Spirituality is not as a psychotherapy client, rather as co-creators in my own healing journey or as a consultant. I understand that Sabrina will not diagnose me and that my insurance will not reimburse nonpsychotherapy services. I may, however, be able to write-off the costs of coaching for tax purposes.

Client Name

Client Signature

Date



The Center for Embodied Spirituality: A trauma-informed sanctuary for healing and transformation
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