

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 my current practice extends beyond traditional psychotherapy in a practice I call Neoshamanic IFS. Therefore, our relationship will not follow the typical therapist-patient model.

Clinical psychotherapy often has a pathological orientation towards the client, focusing on diagnosing and treating mental illness. I oppose this approach, operating instead from a nonpathological perspective. I believe that each of us possesses a Grounded Self that is inherently wise and whole. My role is not to fix you, but to help you release the beliefs and wounds that obscure your true beauty.

One of the strengths of psychotherapy is its well-defined boundaries and ethics, which are more thoroughly discussed and upheld than in other unregulated healing practices. However, these boundaries and ethical standards can sometimes be rigid in a way that is useful and sometimes harmful. For instance, in psychotherapy, it is considered unethical to provide treatments that are not clinically validated, implying an illness that requires treatment proven by double-blind studies. This Western, linear, and scientific approach to wellness overlooks the felt sense and embodied knowledge of ancient wisdom traditions. It excludes mystery, spirituality, energy, guides, altered states of consciousness, ancestors, the collective, sound healing, and connection to the divine.

While psychotherapy focuses on the past and present, coaching is more future-oriented. Holistic spiritual coaching is focused on the present moment, connecting to the Source and enhancing our experience of our own divine nature. We will never fully realize our most peaceful and Grounded Whole Self without knowing the essence of our Source. Addressing trauma and setting goals are important, but neither alone provides the peace and solidity needed to live our best lives.

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

I understand that my relationship with Sabrina Santa Clara and Interweaving Journeys is not as a psychotherapy client, but as a co-creator in my own healing journey. I acknowledge that Sabrina will not diagnose me, and my insurance will not reimburse for nonpsychotherapy services. However, I may be able to write-off the costs of coaching for tax purposes.

Client Name

Client Signature

Date

