



CLIENT DISCLOSURE AND AGREEMENT

Before we begin, please read this agreement, sign and date it. This will let us know that you have read and that you understand what is written here. This form will ask you about what your present condition for which you seek coaching 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. Time Line Therapy® is either coaching or complementary health care under the laws of a number of states:** The person you will be working with is not licensed. That means that he is not a medical doctor, Psychiatrist, Psychologist, Master's in Family Therapy (MFT), or Master's in Social Work (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 referral from the licensed person before we start the process. If you have been prescribed a medication to take by the licensed person, you need to present us a letter of consent from the licensed person before we start. This means a short-written note stating that you have informed your health care provider of your decision to engage in Time Line Therapy® techniques.) Furthermore, nothing that happens when we meet 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 coach or complementary health care practitioner has been trained and certified in Time Line Therapy® at the Master Practitioner level and will be doing this technique along with Neuro Linguistic Programming (NLP) and Hypnosis. The session(s) 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 that we are looking for your strategy, or how you structure that 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 Time Line Therapy® Master Practitioner may cut short your answers or even talk about your problem in ways that you have never considered. He may ask you questions that you do not totally understand consciously, in order for your Unconscious Mind to make changes you want at the unconscious level. It is important to do this so that we can reduce the time take for the therapeutic process.

If you have been in a coaching, NLP or other kind of session before, expect that this one will 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 it 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 that you will know the problem has 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 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.

The second thing that is important, is that you will need to stubbornly focus on what you want. People who are happiest overall in life, are those who recognize that you have a choice to focus on what you don't want or what you 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. 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 Coaching or Complementary Health Care and Therapy:** Your Time Line Therapy® Master Practitioner is a legal Complementary Healthcare Provider, and is not licensed Medical Doctor, Psychologist, Psychiatrist, Master's in Family Therapy (MFT), or Master's in Social Work (MSW). The services you receive are not license 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 Time Line Therapy® techniques, Neuro Linguistic Programming (NLP) and Hypnosis. We will always provide those services in which we have been trained, and if we find that we cannot help you, we will refer to a licensed person who can assist you. During your sessions, we will use one or more of the following techniques:

Definitions:

- a. **Time Line Therapy® techniques:** The techniques are a process of active imagination where the client imagines floating above his/her Time Line and letting go of 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 goals or outcomes. Time Line Therapy® have demonstrated results in 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 as a Time Line Therapy® Master Practitioner by the Time Line Therapy™ Association.
- 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 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 the use of trance to make the changes at the unconscious level. Hypnosis has been used to produce unconscious change with the clients since 1843. All 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 must make sure that you are totally widely awake driving or doing any other activity that may require concentration. Your practitioner is certified by the American Board of Hypnotherapy.

6. Confidentiality

We keep all information we receive from you, confidential, and 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 the state bodies who oversee such matters.)

7. 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 a 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 communicate your results to us. Our liability is limited to the amount paid to us for coaching sessions.

Name:

Signature:

Date: