

WELCOME

Terms & Conditions

The magic of botanicals

Information about my services, policies, and scope of my practice

Emotional Freedom Technique draws from acupuncture, cognitive reframing, exposure therapy and other time-honoured approaches to healing. Subtle energies and gentle stimulation of meridian points via tapping while focusing on emotional issues are believed to reduce stress hormones in the body, thus returning the body to a state of balance. Energy Psychology and EFT are gentle self-help methods used to release and resolve physical and emotional distress by clearing blocks in the body's energy system. There have not been reports of distressing side effects when EFT is administered by a qualified practitioner, but this statement does not mean that you will not discover negative side effects for yourself. **If you do experience side effects, you commit to notifying Katie and taking the best course of action.**

My chosen style is to create a supportive, collaborative environment where we work together to identify fears, limiting thoughts, and other barriers to achieving your goals. My special interest is in facilitating in the area of confidence and self-esteem & productivity in the work environment. I will teach you certain stress reduction techniques that we will use to address these barriers. These may include but are not limited to, Emotional Freedom Techniques ("EFT") (discussed further below), breathing and grounding exercises, journaling exercises and the use of flower essences and essential oils.

EFT assumes the mental health of the client. It is a collaborative process that is present and future-oriented. It is also action-oriented, with a focus on solutions and change. As the client, you set the agenda for these sessions and your success will largely depend upon your willingness to define goals and try new approaches. You can expect me, as your practitioner, to be honest, and direct, asking straightforward questions and offering techniques to help you keep moving forward.

It is possible that not all of the risks and benefits of using EFT are known. The following are common in Tapping sessions: emotional reactivity may increase and/or decrease; unexpected physical sensations may come and go; previously forgotten memories may surface; memories may become clear. EFT practitioners have generally agreed that the technique is gentle and effective at reducing emotional reactivity quickly. Once emotional reactivity is reduced, there is a corresponding shift in mental perspective.

This shift in mental perspective, also called a "cognitive shift," is the reason why EFT is a powerful tool for working towards a goal. With a cognitive shift, clients generally change a limiting belief, such as "I am powerless," to a more empowered belief, such as, "I am capable and I have options." These changes help clear the way to attaining goals which is the purpose of our EFT work.

My role in our work together will be to facilitate this process of perspective shifts by using stress reduction tools. Once the stress is alleviated around your goals and limiting beliefs, you will have better access to your own strength and wisdom. I will not tell you what to do. **You alone are responsible for any success that results from our work together.**

CONFIDENTIALITY

Please see [Privacy Policy](#).

TECHNOLOGY

Anonymity, Computers, and the Internet. Although the internet provides the appearance of anonymity and privacy in coaching, privacy is more of an issue online than in person. You, as a client, are responsible for understanding the potential risks of confidentiality being breached if you use unencrypted email, fail to adequately protect your accounts, or leave information on a public access computer.

Also, please be aware that email is not completely confidential. All emails are retained in the logs of your or my internet service provider. While under normal circumstances no one looks at these logs, they are, in theory, available to be read by the system administrators of the internet service provider. It is best to avoid sharing confidential information by email.

I, as your EFT Practitioner, have a right to my privacy and may restrict the use of any copies or recordings I make of my communications. Clients must seek the permission of the EFT practitioner before recording any portion of a session and/or posting any portion of a session on internet websites such as Instagram, Facebook, YouTube or others.

PROFESSIONAL RECORDS

I keep brief records of each session, primarily noting the date of the session, the topics discussed, and progress or obstacles observed as they relate to your goals in working with me.

MINORS

I do not work with anyone under the age of 18 at this time.

FEES & CANCELLATION

My fee for a session varies, depending on the service booked. You will be expected to pay for each session before the time it is held, upon booking it. Fees are subject to change at any time. Block booking of sessions will be honoured at the price paid on booking.

Once an appointment is scheduled, you will be expected to pay for it unless you provide at least 24 hours advance notice of cancellation. If you are late, we will still end on time and not run over into the next person's session. If you miss a session without cancelling or cancel with less than twenty-four hours notice there will be no refunds. Sessions can always be transferred to a new date with more than 24 hours notice.

CONTACTING ME

Please note that as an EFT practitioner, I am not available for 24-hour emergency contact. If you believe that your situation will require a licensed professional with 24-hour emergency support, please discuss this with me as soon as possible because my services may not be appropriate for you.

TERMINATION AND OTHER

You are free to terminate our work together. Sessions must be cancelled with a minimum of 24 hours notice unless extenuating circumstances are given. A refund for any remaining sessions will be given.

Since EFT is intended for clients in good mental health, brief periods of emotion are generally tolerated easily. Clients often experience quick relief. If the emotions are not tolerated well, we will bring our work to completion and I will do my best to provide references for mental health professionals.

If I determine that I am unable, for any other reason, to provide you with the services you are requesting at a high professional standard, I will inform you of this decision and suggest that you find another professional who may better meet your needs.

If you are involved in legal proceedings based on your having been traumatised, please understand that, through our work together, memories may lose their emotional charge, and this could adversely affect your ability to provide emotionally-charged legal testimony. Please discuss this with your mental health professional and your legal team.

MY BACKGROUND, EDUCATION AND TRAINING

EFT PRACTITIONER EDUCATION AND TRAINING

I am an Accredited, Certified EFT Practitioner with EFT International

I have training and supervision in a technique called EFT, also known as "Tapping" and I have completed the training requirements to become certified by EFT International. To receive this certification, I completed workshops, supervised practice, practice hours, and proficiency exams in the technique. I also abide by a code of ethics for Tapping practitioners and undergo supervision and mentoring, as well as completing CPD hours each year in order to keep my accreditation.

<https://eftinternational.org/about-us/efti-policies-and-procedures/code-of-conduct-and-ethics/>

HUMAN DESIGN TRAINING

Quantum Human Design Level 2 with Karen Curry Parker

OTHER EDUCATION AND TRAINING:

High Sensory Coach trained by Willow McIntosh

Quantum Alignment System Certified Practitioner Level 2

Bach Flower Remedies Level 2

BSc Hons Plant Sciences

DIFFERENCES BETWEEN WORKING WITH A NON-LICENSED COACH AND A LICENSED PSYCHOTHERAPIST

Our work together is not intended to replace or interfere with your use of licensed professionals. The differences between EFT and psychotherapy from a licensed professional are explained here.

Your coaching sessions are not a substitute for counselling, psychotherapy, mental health care, or substance abuse treatment. Psychotherapy is a healthcare service and its primary focus is to identify, diagnose, and treat nervous and mental disorders. EFT Coaching is a relationship that helps people move forward from where they are to where they want to be. Coaching does not address psychological issues. David Feinstein, PhD, identifies the differences between coaching and psychotherapy, which is provided by licensed professionals, as the following:

1. Psychotherapists can provide a diagnosis. A primary focus of psychotherapy is the identification and diagnosis of mental disorders. Coaching does not diagnose.
2. Psychotherapy can provide a diagnosis independent of the client's self-assessment. This function is recognized by third parties such as the courts and insurance carriers, which often call up on psychotherapists to make diagnoses independent of the client's self-assessment. Coaching, on the other hand, relies on the client's self-assessment.
3. Psychotherapy can use its diagnoses to treat clinical disorders. Coaching makes no claims of efficacy in treating clinical disorders.
4. Psychotherapy is often reimbursable by health insurance since diagnosis and treatment is recognised as being part of health care. Coaching is not usually reimbursable since it does not involve diagnosis or treatment.
5. Goals in psychotherapy may be set by the therapist after diagnosis. Goals in coaching are typically self-identified by the client.
6. Psychotherapy goals typically involve treatment of a mental disorder by the therapist. Coaching goals typically focus on quality of life and achieving client set goals.
7. Psychotherapy typically involves recognised power differentials between client and therapist. This vulnerability of clients gives psychotherapists legal and ethical responsibilities. Coaching is in the nature of a supportive peer-to-peer relationship, with the results evaluated by the client.
8. Psychotherapy may be provided by primary caregivers such as hospitals and may be considered an aspect of primary care. Coaching is not associated with primary care.
9. Coaches will attempt to provide referrals to clients to psychotherapists or psychiatrists if the client's problem is outside their scope of practice.

SCOPE AND LIMITATIONS OF OUR COACHING WORK TOGETHER

By booking my services you are indicating your understanding and full agreement of the following:

I understand that Katie Lees (Spicer) is not a licensed healthcare provider and Katie Lees (Spicer) does not diagnose, treat, heal, cure, or prescribe medications.

I represent that I will not use any of Katie Lees (Spicer) services in the place of medical or mental health services by a licensed practitioner and I understand that Katie Lees (Spicer) recommends that I inform my licensed professional providers that I am receiving coaching in Tapping for stress reduction, and furthermore that nothing in the services is intended to interfere with professional provider treatment and advice. I agree that I will not make any changes in the treatment I am receiving without first consulting the doctor or other prescribing professional.

I understand the risks described in this form of using EFT for personal growth and change.

I agree that I, the client am responsible for creating and implementing my own physical, mental and emotional well-being, decisions, choices, actions and results. As such, I agree that Katie Lees (Spicer) is not and will not be liable for any actions or inaction, or for any direct or indirect result of any services provided by Katie Lees (Spicer).

I, the client agree to communicate honestly and be open to feedback and assistance.

While Energy Psychology and EFT are techniques that have produced remarkable clinical results and are gaining scientific support, they are not replacements for Psychiatric, Psychological or Medical treatment. As we work together there is no guaranteed outcome in any individual or individual session. Sessions are a time to engage with and learn tools to address the emotional side effects of triggering events.

Your consent to use these techniques involves your voluntary agreement to take full responsibility for your well-being, progress, and behaviour and to indemnify practitioner, Katie Lees (Spicer) and her company The Magic of Botanicals.

These techniques may bring to the surface issues and memories that need addressing, perhaps ones you were not aware of before the client-practitioner relationship began. If this happens, you agree to inform Katie as soon as is reasonable.

By signing up for my services it indicates that you have read the information in this document, understand it fully, have discussed any questions or concerns with me and/or others, and agree to abide by its terms during our professional relationship.

Client Name: _____

Client Signature: _____

Date: _____

Practitioner Name: _____

Practitioner Signature: _____

Date: _____

As explained above, these services are not to be used in the place of appropriate care from a licensed mental health professional.

I understand that our work together will not be psychotherapy, nor is it a substitute for the diagnosis and/or treatment of mental or physical health conditions by a psychologist, psychiatrist, or other licensed mental health professional.