

## **Before We Begin: Pantarei Approach Process - Information and Consent**

Thank you for your interest in a personal process with me. Just before we start, I would like to tell you a bit about the process and what is going to happen in our sessions.

### **Core concept of the Approach: embodying the flow of change**

The intention within a Pantarei session is to invite you to connect to your own strength and abilities, so you can use them in different situations in your life. This is achieved by using a combination of touch and verbal communication.

We are born with the innate ability to create changes in our own life and in every session you will learn to use this in order to move forward in your desired direction. Awareness of your body, thoughts, abilities, current situations and personal goals are key factors in each Pantarei session.

Each process should help you to overcome obstacles, learn different approaches to chronic conditions, let emotions be experienced throughout these processes, and to gain better clarity of purpose. All of these experiences, along with strengthening interpersonal relationships and improving your general vitality, contribute to an enhanced experience of life.

### **What happens in sessions?**

We are partners in every session. I will guide you to articulate and explore your individual experience and clarify what you are aiming towards. We might move from a sitting position to lying on a massage table, and sometimes we will work standing or moving; all while paying attention to your personal flow and pursuing the aims you have.

**Clothes:** it is best to wear something comfortable to the session. You may choose to keep on more or less items of clothing, depending on your level of comfort.

**Session duration:** the first session is typically between 60 and 90 minutes long and further sessions usually last 60 minutes.

**Duration of the entire process:** this depends on what you intend to achieve, your circumstances, and your availability. During the first few sessions we will set up clear expectations and discuss the estimated length of the process.

**Fees and cancellation conditions:** My rate for each session is EUR 75,-. Cancellation up to 24 hours before the session is free. In case of cancellation within 24 hours the full price of the session will be charged.

## What else you need to consider

The Pantarei Approach is not considered a medical therapy, nor can it be used as a substitute for any kind of necessary medical treatment. I do not offer medical diagnoses, or treatments for physical or psychiatric conditions. My work neither seeks to replace appropriate professional guidance, nor does it make any healing promises.

If there is any doubt about your health or emotional condition, or whether this somatic approach is suitable for you, it is your responsibility to consult with your medical advisor to clarify the situation. Similarly, you should consult with your physician should you wish to change any medication you might be taking and/or if you notice any changes in your health during the process. It is also important to let me know of these changes.

*As a Pantarei Approach practitioner, I respect and adhere to the core values of the approach, its code of ethics and its professional conduct. You can find them online at [www.pantareiapproach.com](http://www.pantareiapproach.com)*



**Name** ..... **Date of Birth** .....

**Address** .....

**Email** ..... **Phone** .....

**Signature** ..... **Date & place** .....