

Statement of Understanding

I.....(client) undertake therapy on the understanding

*that Steve is a Hakomi Graduate and has undergone the Hakomi Professional training (400hrs)

*that I understand he is not a licensed psychologist or psychotherapist.

*that Steve is a student member of the New Zealand Association of Psychotherapists (this means he is engaged in an approved psychotherapy training, and has been signed off in this regard by the director of training for ANZAP Dr Nick Bendit).

*that while his therapeutic approach is based in Hakomi, he is also currently undergoing postgraduate training in Psychodynamic Psychotherapy, and that this will also inform our work together.

*that Hakomi is a method of mind-body therapy using mindfulness and assisted self-study, to explore the beliefs and ideas that underlie my responses and experiences in the world.

*that awareness of posture, sensation, habitual gestures, tension patterns and at times physical support or touch may be used to deepen the process and that with each exploration my permission and cooperation will be sought.

*that I always have the right to stop or change any exploration at any time for any reason, and that I have the right to ask, at any time, any questions that arise for me.

*that the Hakomi Institute code of ethics will determine the guidelines for practice.

*that Steve receives regular ongoing education and professional supervision and will protect confidentiality at all times. However, he is also bound by legal reporting obligations, e.g. If necessary in the event of a serious threat to health or safety.

*that if I feel uncomfortable in any way, at any time, I will let Steve know.

Consents

Signed.....(Client)

Signed.....(Steve Brennan Hakomi Graduate)

Date.....

Additional consent for (optional)

Video recording: Yes No Not suresigned

Date.....

Audio recording: Yes No Not suresigned Date.....

I understand these recordings may be shared in Steve's supervision as part of his ongoing education. Also that while there may be benefits, in terms of input from a second therapist, recording of sessions is entirely optional.