



## **2 DAY BREAKTHROUGH SESSION Client Disclosure and Agreement**

**Client:** Before we begin, please take the time to read this agreement carefully and then sign and date it. This will let the Practitioner know that you have read and that you understand what is written here. Please feel free to contact your Practitioner with any questions prior to your signature. This form will ask you about your present condition for which you seek therapy as well as any other issues you might have. This presenting problem will be in an area of your Career/Money, Relationship, Family, health/Fitness, Personal Growth & Development or Spirituality. This disclosure also sets out the context in which you will get the outcome you want. It also covers some of the issues of law governing Client-Practitioner relationship.

1. The Breakthrough Session which includes MER® (Mental and Emotional Release) is alternative 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 she is not a Medical Doctor, Psychiatrist, Psychologist, Master's in Family and Child Counseling (MFCC), or a 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 may need to present to the Practitioner, a letter of referral from that licensed professional before starting this holistic therapy. If you have been prescribed medication to take by that licensed professional, you need to present to the Practitioner, a letter of consent from that person before starting therapy. This means a short written note stating that you have informed your health care provider of your decision to engage in the Breakthrough Session. Furthermore, nothing that happens here in therapy 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 alternative health care Practitioner has been trained and certified in NLP, MER® and Hypnosis at the Master Practitioner level and will be doing this technique along with Neuro Linguistic Programming (NLP) and Hypnosis. The therapy will probably be different from what you might expect. In total, the Practitioner will not spend a lot of time talking about the problem, just gathering information about it.

It is very important for you and the Practitioner to discover the internal thought process of HOW you create the problem. That means that you and the Practitioner are looking for your strategy, or how you structure the problem. Because the focus is on structure, that means that, once the problem is discovered, you and the Practitioner can move on and focus on having the problem disappear very quickly.

Your MER® Master Practitioner may cut short your answers or even talk about your problem in ways that you have never considered. You may even be asked questions that you do not totally understand consciously in order for your Unconscious Mind to make the changes you want at the unconscious level. It is important to do this so that you and the Practitioner can reduce the time taken for the therapeutic process. If you have been in a therapy session before, expect that this one will be very different.

3. Breakthrough Process (brief description):

a. **Pre-interview:** This process will require a pre-interview approximately 2-4 weeks prior to the clients session. At this time you will be asked what is the problem that you are seeking Therapy. It will be discussed the “Prerequisites for change”, the purpose and structure of the Unconscious Mind. At this time we will discuss expectations, questions and you may be requested to perform a task, reflection or journaling. If this is assigned it may not be declined. The practitioner reserves the right to reschedule the clients Breakthrough Session at the client's expense should this task not be completed.

b. **The 2 Day Breakthrough Session encompasses:** We begin with the Client telling the Practitioner the problem. Extensive history through a series of questions and is taken to evaluate, discover and uncover HOW you do it in your head. The Practitioner will also probe to discover the source of the problem - the precipitating event(s). Some time before the end of this part the session the practitioner will ask you what has to happen so you will know the problem is gone. Additional process involves:

Value Elicitation  
Setting Outcomes  
Mental Emotional Release™  
Parts Integration  
Anchoring New Positive Beliefs  
Reiki Session and Chakra Clearing  
Hypnosis  
SMART Goal Setting into the Unconscious Mind

4. **After the Session:** The Practitioner may assign you a specific task to do. If assigned these task(s), they are absolutely a fundamental part of the therapy. 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 the Practitioner can predict the outcome of the therapy. Certainly, any guarantees will not be valid if you do not do the tasking. You will be provided with a 1 hour Debrief session post Breakthrough one week afterwards Your practitioner is available for unlimited calls during that week as you transition and integrate should they be required.

**Relationships change:** It has been observed that after such rapid RELEASE work the clients reactions to and daily dynamics with others will change. You will feel and be different and therefore you will show up differently in a much more positive and focused way. It is important to discuss with your family, partner or significant other that you will be doing this therapy and that you ask their support, understanding and love during this transformational process. The practitioner is available to speak with a loved one or family member at no additional charge to assist in this process.

**Client Responsibility:** Finally, as we work together to recognize, discover and RELEASE patterns that are being repeated, limiting beliefs and limiting decisions that have been holding you back it is important to remember this is a “do with” process. The Practitioner asks permission to do this process with you with the clear intent that they are acting as a “guide” and if you do not go where your intuition leads you might not get the full experience.

**The Prerequisite for Change:** The Practitioner will help the Unconscious Mind release negative emotions. The client is responsible for taking action i.e. work with a coach, therapist or supportive mentor, and then it is the Client responsibility to focus and get clarity on what you want and the strategies to achieve your goals. The people who are the happiest overall in life are those who recognize that you want to make a conscious choice to focus on what you do 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.

5. **This Alternative or Complementary Health Care and Therapy:** Your NLP, MER® and Hypnosis Master Practitioner is a legal Complementary Healthcare Provider, and not a licensed Medical Doctor, Psychologist, Psychiatrist, Master’s in Family and Child Counseling (MFCC), or Master’s in Social Work (MSW). The services you receive are not licensed in this State, nor are they regulated by a government body. The self-regulated holistic treatments and Client-centered disciplines in which your Practitioner is trained and in which she has experience include, consulting and coaching, MER®, Neuro Linguistic Programming (NLP) and Hypnosis. The Practitioner will always provide only those services in which she has been trained, and if the Practitioner finds that she cannot help you, the Practitioner will refer you to a licensed person who can assist you. During your therapy session(s) the Practitioner will use one or more of the following techniques:

**Definitions:**

- a. **MER®:** The techniques are a process of active imagination where the Client imagines floating above his/her Time Line and letting go of his/her 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/her goals or outcomes. MER® has demonstrated results in a 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 certified as a MER® Master Practitioner by the Association of Integrative Psychology.

- 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 Association of Integrative Psychology.
  - c. **Hypnosis:** This is the use of trance to make changes at the unconscious level. Hypnosis has been used to produce unconscious change with Clients since 1843. Since Hypnosis may be used during your session, for your safety you should make sure that you are totally wide awake before driving or doing any other activity that may require concentration. Your Practitioner is certified as a Hypnotherapist by the Association of Integrative Psychology.
  - d. **REIKI:** Is a simple, gentle, hands-on energy technique that is used for stress reduction and relaxation. Reiki Practitioners do not diagnose conditions nor do they prescribe or perform medical treatment, prescribe substances, nor interfere with the treatment of a licensed medical professional. Reiki does not take the place of medical care. It is recommended that I see a licensed physician or licensed healthcare professional for any physical or psychological ailment I may have. Reiki can compliment any medical or psychological care I may be receiving. The body has the ability to heal itself and to do so, complete relaxation is often beneficial and that long term imbalances in the body sometimes require multiple sessions in order to facilitate the level of relaxation needed by the body to heal itself. Your Practitioner is attuned and trained as a Master Reiki Practitioner.
  - e. **CHAKRA Clearing:** Within the physical body resides a spiritual body, that contains the Chakras. The word Chakra in Sanscrit translates to wheel or disc. They are centers of activity that receives, assimilates and expresses life force energy. They are responsible for a person's physical, mental, and spiritual functions. The chakras are constantly rotating and vibrating. When one (or more) of the chakra is blocked and the energy does not flow harmoniously through them, or it is wide open, it will result in imbalance that is manifested in all areas of life. It is during the Breakthrough Session that we will also work to heal any imbalance that has occurred to optimize the work that we are doing together during this session(s).
6. **Confidentiality:** The Practitioner keeps all information received from you, confidential, and does not disclose it to persons outside the scope of the Client-Practitioner relationship. All Client information is kept strictly confidential and is for internal use

only. (Importantly, the Practitioner is required in some States to share information about a child or elder neglect and/or abuse with State bodies who oversee such matters.)

7. **Your Guarantee:** All work that we do is guaranteed. That means that you will receive the support and follow-up to ensure that you get the results you wanted. The Practitioner guarantees her work because experience has shown that Clients always get results. The guarantee works like this:

You must finish the program. That means, attend every session(s). You must go through the entire process of therapy all the way to the end. You must do the tasking prior to and after the session, and you need to do it fully and completely.

If the Practitioner has quoted you a certain length of session(s) after the Detailed Personal History was completed, then we will work with you at no charge until you get the results you want.

8. **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 you and the Practitioner discuss is only the Practitioner's perspective and is not binding upon you, nor is it a prescription. It is your responsibility to confirm whether or not any changes made produced the desired results. It is your responsibility to communicate your results to the Practitioner. The Practitioner's liability is limited to the amount paid for the therapy.

**I have read and understand my responsibility and support I will receive post-Breakthrough session:**

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Client (Print Name)

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Client (Signature)

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Date

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