



Therapy for Adults Informed Consent Form

Please Note: If, after reading this you are at all unsure of what is written, please discuss it with me.

Welcome to Therapy with Helena! Before we begin working together, I'd like to share some important information about what you can expect from therapy with me, and what your rights and responsibilities are as a client. If anything is unclear, please feel free to ask me - we will also go over this form in the first session to make sure everything is clear.

My Therapeutic Approach

I offer an integrative and holistic approach that draws from:

- **Somatic Therapy:** Somatic therapy helps to restore and balance your nervous system. This is a trauma-informed approach that recognizes how lived experiences and emotions are held and can get stuck in the body. This kind of therapy helps to get to the root of certain issues, release old patterns and stress built up in the nervous system.
 - From my experience and according to the research, meaningful change happens when you focus on observing and staying with sensations in the body. This is an essential aspect of somatic therapy and the reason why it's so effective.
- **Parts Work:** This includes exploring and building healthy relationships with various parts of you, such as “the fear part”, “the people pleasing part”, or “the self-critical part.” This method is informed by the therapy model, Internal Family Systems (IFS).
- **Intermodal Expressive Arts Therapy:** For as long as humans have existed, art has been a source of healing and transformation. Through practices like writing, drawing, working with images, clay, movement, role-play, and music you will gain clarity and give form to your feelings. This is a hands-on and creative approach to therapy. We also incorporate the use of visualization and the power of imagination to support the healing process. This kind of therapy can be great for visual thinkers/learners.
- **Additional influences** that inform my work include yoga, breathwork, mindfulness, Buddhist psychology, polyvagal theory, tantric yogic philosophy, psychedelic-assisted therapy, Gabor Mate's work, and Tara Brach's Radical Acceptance & Compassion approach.



Therapy is a safe, non-judgmental space for you to grow closer to yourself. What approach you take in therapy is up to what feels like it works best for you. Each therapy journey is unique and **tailored to your needs and interests.**

Intention Statement

In your second session, we'll take time to create your '*Intention Statement*'. This will serve as a **guiding force** for our work together and help us regularly check-in (about every 10 sessions) to reflect on if your therapy is moving in **the direction that feels right for you.**

I also have my own Intention Statement, which guides how I aim to show up and support you as your therapist. Here is my intention statement:

I am a lighthouse. Here to shine a light and help see from different perspectives.

I intend to stand on steady ground. When I notice myself coming out of a steady center, I communicate and take a moment of pause.

Throughout the session I take time to slow down. Silence and space has a lot to share.

I trust fully and completely that you know best how to navigate your life. You are the captain of your ship!

Getting Started

In our **first three sessions**, we'll explore your background and goals for therapy. I'll assess whether I have the tools to support you, and **you'll decide if I feel like the right fit for you.** If I do not feel like a good fit for you at any point in the therapy journey, do not hesitate to let me know and I can connect you to other therapists who may be a better fit for what you're looking for.

While I strive to support you to the best of my ability, there are **circumstances where I am not equipped to offer support** and will refer you to alternative services. These cases include when there is:

- Serious violence in your relationships
- Active suicidal or homicidal thoughts
- Infidelity with no remorse
- Untreated severe mental illness (e.g. eating disorder, schizophrenia, psychotic depression, bipolar disorder ect.)
- Active substance abuse that significantly impacts your wellbeing and ability to engage in therapy.



Your Rights

You have the right to:

- Safe, respectful, and non-discriminatory care
- Ask questions about any part of therapy or my training
- Know that I will never engage in social or sexual relationships with clients

Online Therapy

Online therapy carries similar benefits and risks as in-person therapy, plus potential technical or privacy challenges. I use secure platforms to protect your confidentiality.

Confidentiality

Your personal information is protected and remains confidential unless:

- Required by law (e.g., court order)
- Disclosure is necessary to prevent harm to you or others
- You give written permission for me to share information

As part of continuous professional training, I may discuss your de-identified case in supervision with colleagues, as well as in external supervision with an authorized supervisor.

Legal Considerations

Therapy is not intended for legal proceedings. By signing this form, you agree not to subpoena me for court-related matters or records.



The Therapy Process

Therapy often leads to a significant reduction in feelings of stress, increased satisfaction in interpersonal relationships, greater personal awareness and insight, increased skills for managing difficult emotions and resolutions to specific problems. But, **there are no guarantees about what will happen.**

You share responsibility with me for your therapeutic journey—including session attendance, exploring themes outside of sessions, and collaborating on goals. Some clients enjoy having **homework and/or assigned reading between sessions.** I will check-in with you in the first few sessions to see if this is something you are interested in, **in-between session homework/reading is not mandatory.**

Scheduling & Attendance

Please commit to the time slot we agree upon and do your best to attend regularly. The **number one factor for success in therapy is consistency.** If you **miss three sessions in a row,** I am **unable to keep your time slot reserved** and will let you know I need to offer your time slot to someone on my waitlist.

When possible, I strongly advise starting therapy with weekly sessions. This consistency helps us build a strong foundation and creates meaningful momentum for your healing journey. Later in the process, if it feels right for you we can explore switching to bi-weekly or monthly check-in sessions.

Longer Sessions

Some clients find that longer sessions offer more support for their process. If this feels true for you, we can explore the option of 80 or 110-minute sessions. *Please note that availability for longer sessions is limited.

Fees & Payment

- The full fee for a 50-minute session is €90
- I believe in making therapy accessible. I offer therapy on **tiered pricing structure** for individuals who are not able to afford the full rate and/or have limited financial support from family or external sources. If this applies to you and you would like to know more about the tiered pricing options please let me know.



- Please note that tiered pricing options are limited.
- **Payment is due at least 48 hours before your session.** You can pay via bank transfer, transferwise or Bizzum. I will send you payment details after your first session. **After three sessions of therapy** if you are confident moving forward with me, **I offer packages** of 6 or 10 sessions at a cheaper session rate.
- If a third party is paying, you are still ultimately responsible for payment.
- I can not guarantee your insurance will cover the therapy sessions. It is dependent on your specific insurance company and coverage.

Cancellation Policy

- If you cancel with less than 48 hours' notice, **the full session fee will still apply.**
- Refunds are **not** available for cancellations made within 48 hours of your scheduled session.
- If a last-minute emergency arises that is truly out of your control, please provide me with a brief explanation. In these cases, I may offer a refund at my discretion, on a case-by-case basis.

Illness Policy

If you are unwell, I offer the option to reschedule your session. Please note:

- I do not offer refunds for illness.
- I do offer the option of rescheduling. I cannot guarantee in-person availability for rescheduling.
- If we are unable to find a suitable time before your next scheduled session, I will keep note that you have **an extra session credit.** You may use this at a later date when it feels supportive to have an additional session (eg. two sessions in one week, or if you are a bi-weekly client to use your session credit on a week when you typically do not have a session).



Moving In-Person Sessions Online

If you're feeling unwell or for any reason would prefer to stay home, we can **move your in-person session online**. Just send me an email as early as possible to let me know. You'll find your online session Zoom link in your Google Calendar invite.

Rescheduling a Session

If for any reason you need to reschedule a session, please **aim to do so 48hrs before** your scheduled appointment.

Life happens, if at the last minute you need to reschedule you can **send me an email** to let me know and then go to the 'For Clients' page on my website and **click 'Reschedule Session'** to reschedule. *If scheduling changes become frequent, such as more than two reschedules within a short period, we **may need to revisit** whether I can continue to hold a regular time slot for you.

Lateness & No Shows

If you're running late, I ask that you send me an email to let me know. If you do not send me an email to let me know you're running late, **I will wait up to 15 minutes** - after that, it will be **considered a missed session and the full fee will be charged**.

Feedback & Contact

I welcome your feedback—positive or constructive throughout our time working together. After every 6-10 sessions, **we have a more in-depth check-in** for feedback and progress of goals. You can email me at any time **helena@somatictherapywithhelena.com**. I do my best to respond within 24 - 48 hours Monday-Friday. I will not respond to emails on the weekends.

Communication Guidelines

Please use **email** as the only way to contact me. I kindly ask that you do not reach out by phone call or WhatsApp. I also ask that you **avoid sending long updates or detailed reflections by email**. While I deeply value the thoughts and insights you're exploring, I'm not able to give them the full attention they deserve outside of our sessions.

Instead, **please bring any reflections, journaling, or homework directly to our sessions**, where we can hold space for them fully together.



Emergency Contacts

I do not offer crisis support. 988 is a 24/7 confidential and free hotline you can call if you are in need of immediate support. See <https://samaritanshope.org/> for more info.

Please provide **your contact number** in case I need to reach you due to an emergency:

Your contact number with your country code: _____

In the case of an emergency please provide the **contact details of someone I may reach out to** if needed.

Name: _____

Relation: _____

Number (with Country Code): _____

Let me know if you have any questions, concerns or request for clarification concerning this consent form. I appreciate your time reviewing this document.

Thank you!



Additional Offerings

Yoga Classes

I offer yin & sound healing classes at Frizzant studio <https://frizzant.com/clases/>, also on classpass. These yoga classes support nervous system regulation and emotional healing. You are always welcome to join!

You can **message** the Frizzant manager Sonia **+34 667 009 742** 24hrs before the class to receive your first class with me free.

Monthly BCN Writers Circle Meetup

I host a monthly writing circle for people to gather to tap into their creativity, drink tea, write & share. No writing experience is needed, all are welcome to join.

More Spacious/Longer Sessions

€130/80min, €180/110min

You may find having more time in session is supportive to your process. I offer 80 minute or 110 minute sessions. The timeslots I offer for longer sessions are limited and typically offered at the end of the day around 19:00.

In-Depth Session - Deep Dive Out of Office

€250/2hr30min - €300/3hrs

Some clients find it supportive to have more dedicated time to explore a particular theme or transition. For this, I offer in-depth sessions held in an art studio space. Together, we co-create a session that feels meaningful and engaging for you. This might include a letting-go ceremony, large-scale painting, vision board work, or other expressive practices. We may also integrate breathwork, yoga, meditation, or the support of microdosing psychedelics—guided with care and intention.

Additional Documentation

€20

If at any point you need additional documentation—such as a letter for your workplace, insurance company, a medical leave (baja) request, a treatment plan or you'd like me to send you notes from your sessions—I kindly ask for a €20 fee to cover the time required to prepare these materials.



Therapy with Helena

Couple/Family Session

€140/80min

In some cases you may find it supportive to have a session with a partner or family member. Please note I am not a couples or family therapist, but rather act as a mediator to hold space for a therapeutic conversation and support your therapy journey.

Packages:

3 sessions for €270

6 sessions for €500 (save €40)

10 sessions for €810 (save €90, free session!)

After 3 sessions of therapy, if you feel confident about wanting to continue therapy I offer packages that reduce the per session rate.



Therapy with Helena

Other Professionals I Recommend

Psychiatrist

I can not legally provide diagnoses, psychological evaluations, reports, or medication, but I can refer you to professionals who do.

The English speaking psychiatrist that I work with is Dra. Lara.

<https://www.doctoralia.es/lara-martin-garcia/psiquiatra/barcelona>

Naturopath

As I come from a holistic view of health, I strongly believe in the **connection between body and mind**.

If you experience **digestive issues, stomach pain, hormonal imbalances**, or want to investigate other potential imbalances in your organ health, naturopathy can provide personalized support through nutrition and homeopathic supplements. Naturopathy has greatly helped me personally. This can be a valuable complement to your therapy journey.

I recommend Anne-Laure. +34 654 334 119 <https://www.annelaurenaudin.com/home>

Attuned Massage & Breathwork Practitioner

Nani Kaur +34 638 06 18 15

BHAKTI MASSAGE

A massage created by Nani Kaur, mystical, physical, energetic and spiritual. Bhakti Massage is a relaxing and revitalizing blend of techniques including friction, kneading, deep tissue, stretching, and energy point activation. It is a massage performed with presence, intentions and emotions.

Kundalini Yoga & Massage - 120€ - 120 min
Breathwork + Massage - 150€ - 90 min
Classic Massage - €80 - 60 min
Premium Massage - €90 - 80 min
*Luxury Massage - €120 - 100 min
*Royal Massage - €150 - 120 min

Optional: add 10 minutes of meditation and breathwork (pranayama) before the massages (+€10).

All massages include organic natural, cold-pressed sweet almond oil and essential oils (aromatherapy), a relaxing meditation with a Tibetan singing bowl and bells, and a cleansing of the energy field/aura with incense (white sage/copal) or Florida water.

(*) Special massages include high-quality balms and oils such as L'Occitane and a hot infusion to return from the massage calm and tranquility.

We also offer tantric massages, from €180 to €320. Please inquire for details before booking.

Yakahwa Bhakti

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Client

By signing below,

- You agree to accept services from the therapist and accept full responsibility for payment for such services.
- You have read and fully understand the above description and conditions of the therapy service. You give consent to the therapist to collect your personal information for the purposes of providing the service.
- You agree to provide the minimum notice to cancel or reschedule any of your arranged appointment times and to pay the cancellation fee if you fail to.
- You are aware that I can not guarantee your insurance company will provide compensation for therapy. It depends on your specific insurance company and coverage.

Invoices

- Yes, I will need my invoices sent to me at the end of each month.
- No, I will not need my invoices sent to me at the end of each month.

Therapy with Helena Newsletter - Weekly Affirmations & Mental Health Tips

- Yes please, add me to the newsletter to receive weekly mental health tips, affirmations, and be notified about upcoming group therapy courses, workshops and events I am hosting.
- No thanks, I do not want to receive any additional communication other than what is necessary for therapy or I have already signed up for the newsletter.

(Client's Full Name)

(Client's Signature)

(Date)



Collaborating Therapist

By signing below,

- I agree to explain to clients all the relevant information contained in this informed consent.
- I agree to provide clients with the opportunity to ask questions.
- I agree to answer any questions to the clients' satisfaction.

Helena Fierle

(Therapist's Full Name)

(Therapist's Signature)

(Date)