



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 we are on the same page.

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 our experiences and emotions are held in the body. By using awareness of physical sensations, breath and gentle movement this kind of therapy supports a reconnection with your body and sense of wholeness. We also use visualization and the power of imagination to support the healing process.
- **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.
- **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.**



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
- Untreated severe mental illness (e.g. eating disorder, schizophrenia, psychotic depression, bipolar disorder ect.)
- Active substance addiction that interferes with therapy

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

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 and do my best 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. We may explore bi-weekly or monthly check-in sessions, depending on my availability and your process.



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 cannot guarantee in-person availability.

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).

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!



Therapy with Helena

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 **use the code FRIZZHELENA** if you sign up 24hrs before the class to receive your first class with me free. Go to the frizzant/classes webpage and select 1 Drop-In Barcelona, when going to pay add the code to promo code & gift card and the class will be 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.

Monthly Group Therapy Hike

During the months of October - May , all my clients are invited to gather for a nature excursion that weaves together group therapy, writing, meditation, and silent walking. These gatherings offer a chance to connect with others on the therapy journey, get a break from the city, and find healing in the presence of nature and community.

80min Sessions

€120/80min

You may find having more time in session is supportive to your process. I offer 80 minute sessions. The timeslots I offer for 80 minute sessions are limited and typically offered at the end of the day 19:00 or 20:00.



In-Depth Session - 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.

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

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

Therapy with Helena Newsletter - Weekly Affirmations & Mental Health Tips

- Yes please, I would like to be added to the newsletter to receive weekly affirmations, mental health tips, and be notified about upcoming group therapy courses, workshops and events.
- 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)