



Nature of Practice & Scope

I am an independent alternative practitioner working outside of the clinical healthcare system. I am **not** a medical doctor, clinical psychologist, licensed clinical therapist, or licensed psychotherapist, and I do not diagnose, treat, or offer medical advice for any physical or mental health conditions. If you are seeking clinical treatment, diagnosis, psychiatric support, please consult a qualified healthcare professional, such as your GP or a licensed clinical therapist. Somatic therapy is a complementary/alternative wellness approach and not a substitute for clinical care.

Modalities & Background

Somatic work is an unregulated field. My practice is grounded in alternative trauma-informed somatic therapy/counselling training alongside extensive personal lived experience. While I may reference ideas or lenses derived from psychodynamic theory, person-centred humanism, or bilateral stimulation (similar to principles used in EMDR), I am not clinically trained or licensed in these specific modalities. These concepts are used as open lenses to understand nervous system patterns and human experience rather than as strict clinical protocols.

Why Somatics Can Be the Missing Piece

Traditional talk therapy is deeply valuable, but it operates primarily through the thinking mind. If you are highly self-aware yet find yourself repeatedly trapped in patterns, emotional reactions, or behaviors you cannot stop, it is often because you cannot think your way out of a nervous system pattern.

True change requires awareness of your physical self—noticing when your body is locking into tension, bracing, or entering fight-or-flight—so you can actively soften your physical responses. My work helps bridge the gap between what your mind already knows and what your body is physically holding.

Your Agency & Informed Consent

Healing happens best when you feel safe and empowered. Every practice, breathwork exercise, or somatic invitation offered in our sessions is entirely optional. Everything is presented on an informed-consent basis, which you can modify, pause, or revoke at any second without explanation. You are the ultimate authority on your own body, health, and boundaries. You remain fully in control of your journey throughout our work together. I hold a non-judgemental, harm-reduction view to alcohol, substances, and addiction. However, please note that I will not be able to work with those who are heavily under the influence of alcohol or a substance **while in session**. I have found that doing so is neither safe nor productive.

The Initial 20-Minute Consultation (£3 Fee): To ensure mutual fit and protect our time, initial chats are booked at a nominal fee of £3. This small stake ensures commitment and reduces the likelihood of no-shows.

Session Rescheduling, Cancellation Window, and Punctuality: I require at least 24 hours notice to reschedule or cancel a booked session. Cancellations made with less than 24 hours notice will forfeit the session fee, barring exceptional emergency circumstances. If there is excessive, repeated cancellation or rescheduling we may need to have a conversation and evaluate whether now is an appropriate time to be working together. If you are running a few minutes late, we will utilize the remainder of your allotted session window. If you are running more than 20% of the session time late, I will assume you will not be attending and reserve the right to log off.

Boundaries, Out-of-Session Contact & Communication

To protect both your energetic boundaries as a client and my capacity as an independent home-based practitioner, please review the boundaries around our communication outside of scheduled session times:

- Session Windows Only: Our therapeutic work and processing take place exclusively within our scheduled online session windows.
- Email should mainly be used for administrative matters such as booking, rescheduling, or billing inquiries as it is not encrypted. Email isn't secure and you should avoid sending any sensitive material through it. However, If you have a one-off question in between sessions, feel free to email it to me, but please note response times vary and it may take additional time for me to respond depending on my availability. **Additionally, if you do choose to use email, you accept the digital privacy risk of using non-encrypted email.**
- **Crisis Management Notice:** The Olive Branch Healing is a non-clinical, scheduled practice and cannot provide crisis intervention or emergency out-of-session support. **If you find yourself in an acute psychological or medical crisis, please contact emergency services (999), NHS 24 (111), Samaritans (116 123), or the Shout Crisis Text Line (Text "SHOUT" to 85258).**

Confidentiality

Everything you share during our sessions is kept strictly confidential unless you request in writing to have all or portions of such content released to a specifically named person/persons. Because this practice is a wellness modality rather than licensed psychotherapy, I am not legally bound by traditional mandatory reporting laws. However, ethically and humanely, I reserve the right to break confidentiality on a case-by-case basis if there is an imminent, credible plan or threat of severe harm or injury to yourself or someone else. Please note that I understand and am comfortable working alongside clients navigating suicidal ideation or mild self-injury. Experiencing these thoughts or behaviours does not automatically mean emergency services

will be contacted, provided you are safe and we are working collaboratively within our agreed container.

Safeguarding, Duty of Care & Referral Protocol

- Emergency Safety Protocols (Online Sessions): Because our work is virtual, I require your exact physical address and a local emergency contact at the intake stage. If you experience an extreme physiological or psychological crisis during a session where safety is compromised, this information enables me to keep you safe and direct emergency contact and/or emergency services to your location if needed.
- Referral: While I work with heavy history (including panic, mood dysregulation, trauma, CPTSD, and neurodivergence), my scope is strictly non-clinical. If it becomes apparent that your needs require a higher tier of medical, psychiatric, or clinical intervention than somatic work or I can ethically provide, I will discuss a referral pathway back to your GP, clinical specialist, or a different service. I want to help keep you safe and find the most appropriate and useful support.

Feedback, Suggestions & Anonymous Complaints Policy

I deeply value feedback and want The Olive Branch Healing to feel collaborative, safe, and transparent. If anything in our work together doesn't land right, or if you have suggestions on how I can improve my practice, I invite you to share it openly with me either in or out of session. You can also email me directly at any time.

If you ever wish to share constructive criticism, feedback, complaints, or ideas anonymously without attaching your name or email, you can use our secure, anonymous feedback form here: <https://tinyurl.com/TheOliveBranchFeedback> which will take you to <https://form.jotform.com/262814442406353>. No identifying metadata is tracked through this form.