

This form is in two parts and invites you to;

~ **Read my Client Agreement**

Give your Informed Consent to my Terms of Business and way of working.

~ **Complete a Pre-Appointment Questionnaire**

Share information about your health, allergies and specific needs.

Reflect on and share your deeper intention for coming to see me.

## AURORA TANTRA CLIENT AGREEMENT

### My Way of Working and the Scope for our Sessions

Tantra Sessions with me can include massage, talking therapy, bodywork and spiritual practices. They may involve hands-on touch or guided self-touch or movement.

An overarching intention is to give you, the client, an experience of uncovering your patterns and discovering your true self, connecting with your sexual desires and feeling free to express yourself fully.

I aim to provide a safe non-judgmental space in which you can explore personal boundaries and connect to your pleasure. These sessions are powerful and have the capacity to bring up material from your unconscious into conscious awareness thus shedding light on past traumas, patterns of behaviour and limiting beliefs so it is important that you are resourced enough to take responsibility for whatever may arise.

Tantra is a multidimensional modality that invites you on a journey to explore healing possibilities for body, mind, heart and soul. In these sessions I intend for tantric energy to flow through me to you. Tantric healing is relational and all connection between us has the capacity to offer lessons and growth.

### Confidentiality

I offer a completely confidential service and under normal circumstances no information about you will be passed onto a third party. The only exceptions to this are:

Within the professional requirements of supervision. (see below)

If I believe that you or another person is at risk of serious harm.

If you disclosed information about a proposed act of terrorism, drugs trafficking or money laundering I am legally obliged to pass this on to the relevant authorities.

To protect the confidentiality of the work, if we meet accidentally outside of a session, I will not acknowledge you unless you choose to acknowledge me first.

### Your Privacy

I invite you to choose which method of communication makes you feel safest, your preferences are noted on your file and I do not save your phone number if you have selected to be contacted via email only.

My Online Booking system will require you to provide an email, but this can be avoided by contacting me to make a manual booking.

I do not send unsolicited emails or messages other than a follow up message after an appointment via an agreed method.

I keep written notes on each session, which you are welcome to see at any time. These notes are anonymised and securely stored in accordance with the Data Protection Act 1998 and General Data Protection Regulations.

### Contact Between/Outside of Sessions

If we meet outside of sessions in a public place I will not acknowledge you unless you acknowledge me first.

Please note that I do not engage in extended text conversations between sessions, I prefer to correspond via email and I keep interactions between sessions to a minimum in order to preserve the therapeutic

relationship.

## **My Availability**

My phone will be switched off from 6pm on Friday to 10am on Monday, (the exception being if we have a scheduled appointment on a Sunday).

I will endeavour to reply to all messages within 7 days.

I am committed to honouring my cyclical nature and my own spiritual process therefore at certain times I will not be available. I am subject to flights of fancy and spiritual missions and therefore do not keep regular office hours.

## **Session Duration**

In person sessions are typically between 90 mins and 2.5 hours.

You are invited to select the duration that meets your needs.

## **Payment Method**

My default payment method is by Bank Transfer, unless otherwise agreed.

## **Personal Hygiene**

If our session involves intimate massage or bodywork, I kindly request that you arrive showered.

Hygiene wipes are available for your use before and after the session and I ask that these are used before all sensual massage sessions and intimate bodywork sessions.

Please note that there are no shower facilities available for your use.

## **Cancellation Policy**

Cancellation will incur a fee unless it is a genuine emergency.

Between 0 and 24 hours notice of cancellation or rearrangement, the full session fee is payable. If you have paid a deposit the balance will be invoiced.

Between 24 and 48 hours notice of cancellation or rearrangement, 50% of the session fee is payable. If you have paid a deposit this will be retained, otherwise you will be invoiced for the session fee in full. These charges will need to be settled before another appointment will be offered.

If I need to cancel a session for an unforeseeable reason I will endeavour to give you a minimum of 48 hours notice and offer an alternative arrangement, however this may not always be possible, for example in the event of illness or emergency.

## **Late Arrivals**

Session start times are fixed upon booking, I make myself available to you at this time, for the agreed duration and you will be charged from the agreed start time, whether or not you are present.

I will wait for you for a maximum of 20 minutes, at which point the session will not go ahead and you will still be charged.

For example, we agree the session will be at 10am for 2 hours. You arrive at 10.15am. The session will finish at 12pm and you will be charged for 2 hours of my time. If you arrive at 10.25am I will not continue with the session.

I allow some flexibility on a discretionary basis for clients who are visiting me in person for the first time. Thereafter, you are responsible for getting to me at the agreed time.

## **Feedback**

I like to hear how you have been impacted by a session and offer you an opportunity for deeper reflection a few days after our session. This is often done by email but phone/video calls are available on request. If our session has touched you deeply please do reach out if you need additional support.

## **Supervision**

I regularly undertake professional and peer supervision. Supervision helps me to think more deeply about the work you and I are doing together and provides extra support and safety for both of us. In line with professional requirements and standards, I may discuss my work with you within my supervision but I will not share your identity.

## **Referrals**

If at any time I feel that I can no longer help you or that I am not the most appropriate person to help you, I will offer to refer you to someone who can. Massage is a very personal activity and if you feel that I am

not the best fit for you, please let me know and I will be happy to facilitate a referral to a different therapist.

### **Commitment**

Tantra is a deeply transformational process, whether you are coming for a sensual massage or a deeper healing. You will get out of it what you put in. It requires your commitment, your honesty both with yourself and me, and a desire to change, grow and learn. I have a genuine helping intent and offer commitment, honesty and the utmost respect for you as an individual.

### **Respect**

I reserve the right to terminate a session if you attend under the influence of drugs, alcohol or any other substance, if you breach my personal boundaries or if feel a lack of respect or personal safety.

### **Complaints, Concerns & Queries**

Please do not hesitate to discuss anything that is negatively impacting your therapeutic experience with me. All feedback is welcome.

## **Informed Consent**

### **Please confirm your agreement**

I understand that the practitioner's work is not psychotherapy or medical treatment.

I understand that any touch will be given only at my request and solely for my own benefit, education or pleasure. I agree to guide the practitioner's touch to ensure that it is always beneficial, educational and/or pleasurable for me.

I understand that each session is client-led and that if I request that it be changed or stopped, the practitioner will respond accordingly.

I understand that Holly may remain clothed during sessions. This is always at her discretion and what is appropriate to the session type.

Mutual Touch is not part of our sessions, except for Conscious Touch which may include two-way platonic touch.

I understand that Self Touch does not include intimate touch from Holly, she will remain clothed and will not be engaging in self touch herself.

I have stated all medical conditions that I am aware of, and I will update Holly on any changes in my health status before each appointment.

Appropriate hygiene protocols will be used, this includes nitrile gloves for anal touch.

Internal Prostate Massage is not offered by Holly, if I request anal touch I will guide this at my own risk.

I understand that Holly is not acting as a surrogate partner and that she will not become sexually, romantically or emotionally involved with me outside of our sessions.

I will not come to any session under the influence of alcohol or other substances that might impair my judgement or ability to consent or integrate the experiences I have.

I am over eighteen years old

I am not attending in any undisclosed professional capacity including as a journalist, law enforcement official or local authority.

I understand that if I breach any of the above conditions, Holly may terminate the session at any time.

I confirm that I have read the above terms and hereby confirm that I have done sufficient research for myself, or understood the information provided by Holly, to feel confident about undertaking this process. I feel enthusiasm to get started and I do so willingly and holding a positive intention for myself. I hereby agree to begin sessions with Holly Griffiths t/a Aurora Tantra.

## Pre-Appointment Questionnaire

**Name \***

Aliases are welcome

**Sexuality / Gender Identity / Pronouns**

Totally optional but may be important for me to know

**I consent to being contacted via: \***

Phone call

Text

Email

Voicemail

Other

**Emergency Contact Name / Number**

I wish to responsibly offer therapeutic support and in the event of an emergency I may need to contact someone on your behalf.

## Health & Wellness Information

Please provide at least one means of contacting you and to help me to link your form to our earlier interactions.

**Phone Number \***

Email \*

FetLife ID \*

**Please confirm if you are suffering from any of the following health conditions: \***

- Heart Condition
- Diabetes
- Epilepsy
- Osteoporosis
- Arthritis
- Skin Conditions
- Inflammation
- Recent Surgery
- Breathing Difficulties
- Vein or Artery Conditions
- Pain (including genital pain)
- A Sexually Transmitted Infection
- Fungal Infections
- None of the above
- Other

**Do you experience any other mental or physical challenges that have not been covered but may be important for me to know, including any addictive or compulsive behaviours?**

**Accessibility ~ Do you have any mobility issues that may cause you difficulty sitting on the floor or lying on a massage table? \***

**Weight ~ This enables me to decide whether to work on a mat or a table. \***

Under 108kg

Over 108kg

**Do you have any Allergies? \***

e.g. Washing Detergent, Essential oils, Coconut Oil, other Nut oils, Foods.

## **Your Intention & Reasons for Seeking Support**

**Please select all that apply:**

- I struggle to get and maintain an erection
- I lack confidence in relationships or sexual situations
- I lack confidence in my appearance / body
- I often climax quickly during sexual situations
- I struggle to feel satisfied during sex or masturbation and/or I have a high libido
- I masturbate daily
- I rely on porn to arouse me
- I rarely masturbate
- I feel that there is more to sex than my current experience
- I am looking to discover more about myself and what makes me tick
- I am more comfortable giving pleasure than receiving it
- I find it difficult to orgasm
- I don't know what turns me on

**What is your Intention \***

**Is there anything else you would like to share about your sexual history, challenges or past relationships that it might be helpful for me to know?**

**Thank You for sharing your deepest self with me.**

Your responses will be received by a loving heart and kept between us, in confidence.