INTEGRATIVE ENERGY PSYCHOTHERAPY

Creative and Embodied Therapy

WELCOME TO YOUR INNER JOURNEY WITH ALDA

www.iepsychotherapy.com

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LETTER FROM

ALDA

Welcome to your own personal adventure! I am so glad that you decided to embark on this journey of self-discovery. It takes courage to walk into this space. You are making a commitment to yourself, to growing in your own way, and to having better connections with the people in your life.

I am often humbled by how strong, resilient, and just plain insightful the people I work with are. As we go on this journey together, you might find yourself looking back at childhood wounds, at times when you felt hurt or didn't belong. Letting go of that baggage can free up a lot of energy to move forward feeling more you.

What we'll do together is more than just talking about the past. It's about getting back in touch with who you really are inside, that gut feeling about what's right for you, where you want to go, and how to take care of yourself in your own unique style. We're not going to spend time pointing fingers at who hurt you, but we will try to understand those experiences so that you can step into the future as a stronger version of yourself. Someone who knows how to look out for their own well-being and build a life surrounded by people who truly get you and have your back.

My approach draws from a variety of therapeutic modalities, including Jungian active imagination, IFS, and creative practices, while being immersed in energy psychotherapy, allowing us to work in whatever way feels right for you using techniques that can make a difference. The path will unfold organically, guided by your needs and the wisdom that emerges in each session.

I invite you to be curious about this process and honestly share how you feel at all times. You are not alone in this. You're not going through this by yourself. I'm here to support you, to walk alongside you, and to remind you just how strong you truly are.

With warmth and appreciation,

Alda

YOUR GUIDE TO THERAPY

GETTING STARTED

WELCOME TO THIS SPACE OF SELF-EXPLORATION AND GROWTH. THIS GUIDE WILL HELP YOU UNDERSTAND HOW WE WILL WORK TOGETHER, WHAT TO EXPECT FROM OUR SESSIONS, AND HOW TO MAKE THE MOST OF THIS PROCESS. IT IS ALSO A BINDING CONTRACT FOR OUR WORK.

SESSION DETAILS

Sessions are **60 minutes long** and typically take place at the same time each week to maintain continuity. You may choose to work with me in person in Teignmouth or online. As therapy progresses, we may adjust the frequency of sessions to support your needs.

Therapy is a process that unfolds at its own pace. Some clients come for short-term work, while others commit to long-term exploration. There is **no fixed timeline:** what matters is that we work in a way that feels right for you.

At certain times in April, July/August and December, **all sessions will move online** due to professional or personal commitments. I'll always let you know the dates well ahead of time.

CONFIDENTIALITY

Your privacy is very important to me. What you share in our sessions remains confidential, with a few exceptions:

- **Supervision**: As part of ethical practice, I discuss my work with a supervisor. No identifying details are shared.
- **Legal Requirements**: If I believe there is a serious risk of harm to you or others, or if there is a legal obligation to disclose information, I may need to break confidentiality. This is rare and, whenever possible, I will discuss it with you first.
- **Professional Development**: Occasionally, I use anonymised case material in teaching and writing. If you would prefer your case not to be used in this way, please let me know.

YOUR COMMITMENT TO GROWTH

Therapy is a partnership. **My role** is to create a safe and supportive space for you to explore your emotions, experiences, and patterns. **Your role** is to engage with the process with curiosity and honesty. Growth is not always comfortable, but it is transformative.

If possible, please **let me know in advance** if you plan to take breaks due to holidays or other commitments. In return, I will inform you well in advance of any scheduled time off. If frequent absences occur, we may need to re-evaluate the work we are doing together to ensure continuity and progress.

Weekly clients are expected to attend regularly, and fortnightly clients commit to two sessions per month.

YOUR RESPONSIBILITY

THIS JOURNEY IS YOURS. THERAPY IS NOT SOMETHING THAT HAPPENS TO YOU—IT IS SOMETHING YOU ACTIVELY ENGAGE IN, SHAPING YOUR OWN HEALING AND GROWTH. MY ROLE IS TO WALK ALONGSIDE YOU, OFFERING GUIDANCE, INSIGHT, AND TOOLS TO HELP YOU NAVIGATE YOUR CHALLENGES. YOUR ROLE IS TO SHOW UP FOR YOURSELF, TO STAY CURIOUS, AND TO COMMIT TO THE PROCESS, EVEN WHEN IT FEELS DIFFICULT.

YOUR HEALING IS IN YOUR HANDS

True change happens when you take ownership of your inner work. Together, we will explore the patterns that hold you back, discover your strengths, and work creatively toward authentic transformation.

ENGAGEMENT & REFLECTION

Therapy extends beyond the session itself. What you explore in your time in therapy will continue to unfold in your daily life. You may find it helpful to:

- **Reflect on insights** that arise in sessions.
- Engage with **creative or somatic practices** that deepen your self-awareness.
- **Practise tools** that help regulate emotions and create balance.

SHOWING UP FOR YOURSELF

Consistency matters. Regular sessions create a rhythm that supports growth. **If you ever feel resistant, stuck, or unsure, bring it into the session.** It is sometimes where the deepest breakthroughs happen. If you need to pause therapy, we can explore what feels right for you.

Your presence in this space is valuable. **If something isn't working for you, let's discuss it**. This is your process, and I encourage you to shape it in a way that feels aligned with your needs.

MY RESPONSIBILITY

NEURO-INCLUSIVE SUPPORT: OUR COLLABORATIVE SPACE

I commit to make every effort to create a space where your nervous system feels safe and your unique way of processing the world is respected. If you identify as neurodivergent (Autistic, ADHD, AuDHD, or otherwise), or if you simply have specific sensory needs, I will endeavour to adapt our work in the following ways:

MAKING ZOOM WORK FOR YOU

Online sessions can be intense. We can adjust the format to reduce "Zoom fatigue" or sensory overwhelm:

- **Camera Options**: While seeing each other is helpful, if you find eye contact on screen draining, you are welcome to look away, use a fidget toy, or we can occasionally try brief "camera-off" periods.
- **Hide Self-View**: I can show you how to hide your own video so you don't have to watch yourself, which often reduces anxiety.
- **Chat Function**: If you find it hard to find words in the moment, you can use the Zoom chat box to type out thoughts.

PRECISE INSTRUCTIONS & "HOMEWORK"

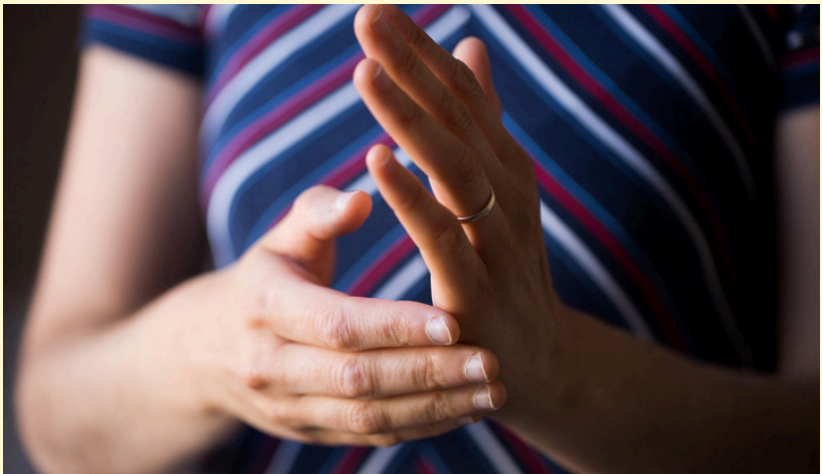
I often suggest "homework" or experiments between sessions. If you prefer precision:

- **Clear Structure**: I will provide specific, step-by-step instructions for any tapping or embodiment exercises, using SMART (Specific, Measurable, Achievable, Relevant, Time-bound) exercises.
- **Written Summaries**: If you find it helpful, I can email you a brief summary of the agreed-upon task so you don't have to rely on memory.
- **Logic-Based**: We can discuss the "why" behind any technique so it makes sense to your logical mind before we start.

SENSORY & COMMUNICATION NEEDS

- **Stimming & Movement**: You are welcome to stim, fidget, pace, or move during the sessions.
- **Literal Language**: I try to be clear, but if I use a metaphor that feels confusing, please let me know. I am happy to rephrase things literally.
- **Processing Time**: If you need a moment of silence to process a question before answering, that is perfectly okay. We won't rush.

If any of the above is not enough to make you feel more comfortable, or if there is something else I can do to accommodate your needs, please feel free to let me know.



SELF-CARE

HANDLING SETBACKS WITH SELF-COMPASSION

Healing is not a straight line. There will be moments of insight and clarity, and there may also be times when old patterns resurface. This does not mean you are failing: it means you are human. The key is to **meet yourself with kindness** rather than self-judgement.

If you notice resistance, frustration, or fear, see if you can approach these feelings with curiosity. What are they here to teach you? Growth happens in layers, and every step forward, no matter how small, matters.
Remember, this is your journey, and I am here to support you as you navigate it. You are not alone in this process.

CARING FOR YOURSELF BETWEEN SESSIONS

Growth takes energy, and sometimes therapy can bring up difficult emotions. **Between sessions**, consider ways to care for yourself:

- Move – Gentle movement, like stretching, walking, or dance, can help process emotions.
- Create – Writing, drawing, or engaging in any creative expression can offer insight.
- Rest – Give yourself permission to slow down when needed.
- Connect – Speak with trusted friends or spend time in nature to feel grounded.
- Tapping – Simple tapping techniques can regulate your nervous system and bring calm.

If something feels overwhelming between sessions, you are not alone: bring it into the next session. Everything that arises is part of the process.

NEED TO KNOW

THIS WELCOME PACK IS A CONTRACTUAL AGREEMENT

I am an accredited member of the British Association of Counselling and Psychotherapy (BACP) and follow their code of ethics to ensure a safe and professional space for our work together.

By attending sessions, **you confirm that you understand and accept these terms**, which align with the standards of counselling and psychotherapy in the UK and are governed by British law.

If English is not your first language, coming to sessions means that you either understand this agreement or have had it translated into a language that makes sense to you.

ONLINE SESSIONS

Try to find a quiet, private area where you **won't be interrupted**. Keeping a glass of water, tissues, or a notebook nearby may be useful. Your environment can shape your experience, so take a moment before each session to settle in and prepare yourself.

FEES & PAYMENT

Sessions are £75–£90 (€90-€110) per 60-minute session, based on what feels manageable for you within this sliding scale.

Payment needs to reach my account **before each online session.**

SCHEDULING AND CANCELLATIONS

Your session time is reserved just for you. If you need to reschedule, you need to give me **48 hours notice** so that your space can be offered to someone else.

Missed sessions or cancellations with **less than 48 hours notice will be charged at the full rate**.

Emergency Waiver: The session fee will only be waived if a sudden medical **emergency renders you physically or medically incapacitated** from sending a text or making a phone call prior to the session (e.g., emergency hospitalisation).

Routine illnesses or forgotten appointments do not qualify for a fee waiver.

PAYMENT DETAILS

Bank details for national transfers in pounds (UK):

Name - Maria Alda Gomez Otero
Sort Code - 089250
Acc Num - 63373868

International Transfers in Euros (EU):

BIC - REVOGB21
IBAN - GB09 REVO0099 7018 2679 24

NEED TO KNOW

ENDING THE WORK

You have the **right to end your therapy at any time**; however, a minimum of one month's notice will be appreciated, especially if we have worked together for a long time. This enables us to review your therapy, celebrate the changes that you have made, and say goodbye.

HOW TO REACH ME

Between the sessions, you can reach me by email at **alda@iepsychotherapy.com**, by phone at **07437 332032** or by WhatsApp at **+447437332032** for **scheduling, rescheduling, or any general enquiries.** I am not available for times of crisis.

While I do my best to respond promptly, I may not always have my mobile phone handy. If you find yourself in crisis and need immediate support, I encourage you to reach out to **Samaritans at 116 123** (free of charge) or other crisis services in your area. You don't have to face it alone: help is available.

MY HOLIDAYS AND BREAKS FOR CONTINUOUS PROFESSIONAL DEVELOPMENT

Here are the dates that I have planned holidays and breaks for professional development in 2026:

30th March - 5th April
3rd-9th August
27th Sept - 18th October
21st December - 3rd January 2027.

ANNEX 1

INFORMED CONSENT TO USE ENERGY PSYCHOLOGY TECHNIQUES DURING THE SESSIONS

Please read over the following information and discuss any questions you have prior to our sessions.

I have been advised and understand that a component of the treatment I will receive may use a technique called "muscle testing" and involve work with meridian acupoints and energy centres. Muscle testing (also called energy testing) is an assessment tool for determining how energy patterns affecting my body and mind may be related to the problems for which I seek treatment.

I will also be using energy centres, meridian acupoints, and other techniques as required. The energy centres and meridian acupoints are contacted on the surface of the skin throughout the body and can be stimulated for the purpose of helping resolve emotional and psychological problems. Stimulation may include touching, rubbing, or tapping the centre or point. I will be guided on how to stimulate the appropriate centres myself.

I understand that the use of muscle testing, meridian acupoints, and energy centres within the field of psychotherapy is a relatively new development and that at this time there is only limited published research in established scientific journals. While clinical reports of successful outcomes using these methods do exist in the published literature of the field known as energy psychology and energy psychotherapy, and the methods are being developed and refined under the auspices of organisations such as the Association for Comprehensive Energy Psychology, I understand that clinical reports do not constitute conclusive scientific evidence. I further understand that even if the clinical effectiveness of these methods is scientifically established, results will vary from person to person.

I understand that energy psychology and psychotherapy techniques are not a substitute for medical treatment or advice.

I have thoroughly considered all of the above and have obtained whatever additional input and/or professional advice I deemed necessary or appropriate about commencing treatment that utilises muscle testing, meridian acupoints, energy centres, or other energy psychotherapy techniques deemed necessary. By my signature below, given freely and without pressure from any person, I consent to the use of these methods in my treatment.

This consent is effective for the course of treatment, unless rescinded in writing.

Client Signature _____ Date _____

ANNEX 2

PRIVACY POLICY

To comply with General Data Protection Regulation, by signing below, you give me consent to collect, store and process personal information about you to enable me to run my counselling and psychotherapy practice. This information can include contact information, as well as information about your age, health (mental and physical) and other special category data. I am able to collect this information upon the legal basis of "Legitimate Interests", as per GDPR regulations.

Your information is stored anonymously, under lock and key and/or password protected. I may use this information to track the progress of our work together or to receive reflection and guidance from my supervisor. There may be emails and text messages between us which are filed on my email account (alda@iepsychotherapy.com). These will be deleted once I have read them, and, if appropriate, printed out first to store with the rest of the information I will keep this information up to 7 years, at which point it will be deleted.

With regards to how this information is used, you have the right to have information about you deleted, have inaccuracies corrected, the right to access information about you - free of charge - within 1 month, the right not to receive any unsolicited marketing, the right to determine how information about you is processed and the right to complain if you are unhappy about any of the above.

If you have any concerns or complaints about how I handle your personal data, you can contact me at alda@iepsychotherapy.com. I will acknowledge receipt of your complaint within 30 days, investigate the matter without undue delay while keeping you updated on my progress, and notify you of the final outcome as soon as it is resolved.

If it does not resolve to your satisfaction, you can contact the Information Commissioners Office here: https://ico.org.uk/concerns/, although I trust that you will try to discuss this with me in the first instance.

Should anything happen to me that prevents me from attending a session and from communicating with you directly - such as illness or death - then I have appointed a Therapeutic Executor who would be able to access your contact details to inform you, should this situation arise.

I agree to the records of our work being stored in the manner described above.

Signed_____

Date_____