



## Welcome to Focusing and Spirituality

### Individual Guided Focusing Session – Policy Guidelines and Consent:

I will guide you through a Focusing process that involves being present for you, offering an atmosphere of safety, non-judgmental respect, and trust in your Focusing process. I will follow you with empathic reflections and responses that help point you to the felt experiencing. I may also offer gently supportive suggestions, stepping-stones, that may bring you deeper into your Focusing process.

A guided Focusing session is not therapy, although it may be therapeutic from the sense of feeling seen and heard. It is more like bodywork, when you have a massage, your session ends and there is no obligation to schedule another session. You are responsible for scheduling your next visit. You choose how often you come, what you want to Focus on, and whether to tell detail about your circumstance or not.

Each session is 50 minutes. The fee is \$100. Payment is due prior to your session: cash, check (written out to Narrative Landscapes, LLC), or online credit card payment with PayPal at [FocusingandSpirituality.com](http://FocusingandSpirituality.com). A 24-hour notice of cancelation is appreciated and avoids a late cancelation or no-show fee of \$50. Thank you!

### Your Focusing Rights:

You have the right to be treated as a person first, regardless of role, profession, class, race, degree of fame, varying ability or disability, etc.

You have the right to expect to receive gentle comfortable unobtrusive guiding through your Focusing process and ask for something different if what I am doing does not feel right with your process.

You have the right to expect that you will not be diagnosed, analyzed, interpreted, or made wrong in any way.

Leslie B. Savage, MA, LMFT  
Certified Focusing Guide & Teacher  
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Website: [FocusingandSpirituality.com](http://FocusingandSpirituality.com)



You have the right to expect that you will not be asked to reveal any private information that you are not comfortable about sharing.

You have the right to bring up with me any interpersonal issues that you are uncomfortable about. I will listen to your thoughts, feelings and reaction and share honestly from my perspective.

You have the right for all information that I have about you (including that I am your Focusing guide) to be kept confidential and not revealed to another person or institution without your explicit permission.

Since I am a licensed marriage and family therapist, Washington State law requires healthcare professionals to reveal information to others, with or without the client's permission in the following situations:

- a. If a client intends grave bodily harm to another person.
- b. If a client intends grave bodily harm to him/herself.
- c. If a court of law issues a court order to reveal information.
- d. If a situation of current child abuse, elderly abuse or abuse to a developmentally disabled person is revealed.

My policy is to inform you if, at all possible, before reporting such a situation.

Your signature below acknowledges that you've been provided a copy of the guidelines and consent for guided Focusing session(s) and have read and understand the information provided.

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Printed Name

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Signature

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Date

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