

## **DISCLAIMER AND WARNING**

Due to the nature of Dissociative Identity Disorder, trauma triggers can be found just about anywhere. While we will do our best to avoid obvious and known topics that can create a traumatic response, we are not responsible for any anxiety, panic attacks, flash backs, etc. Please take care to protect yourself as necessary before, during, and after a session.

I am not a medical professional. As a Dissociative Identity Disorder life coach, I am not providing healthcare, medical, or nutritional therapy services or attempting to diagnose, treat, prevent, or cure any physical, mental, or emotional issue.

The information provided on The Happy Headspace is for informational purposes only and is not intended to substitute professional medical advice, diagnoses, or treatment. Always seek advice from your physician or other qualified healthcare provider before undertaking a new health regimen.

Do not disregard medical advice or delay seeking medical advice because of information you read on The Happy Headspace. Do not start or stop any medications without speaking to your medical or mental health provider.

I am not a licensed psychologist or specialist healthcare professional. My services do not replace the care of psychologists or other healthcare professionals.

Please note that I can't take any responsibility for the results of your actions, and any harm or damage you suffer as a result of the use, or non-use of the information available on The Happy Headspace. Please use judgment and conduct due diligence before taking any action or implementing any plan or practice suggested or recommended on The Happy Headspace.

Please note that I don't make any guarantees about the results of the information applied on The Happy Headspace. I share educational and informational resources that are intended to help you succeed in unique life situations related to Dissociative Identity Disorder. You nevertheless need to know that your ultimate success or failure will be the result of your own efforts, your particular situation, and innumerable other circumstances beyond my knowledge and control.

Sign: \_\_\_\_\_ Date: \_\_\_\_\_

# Application for 1:1 Coaching with The Happy Headspace

Hey there! We're so excited that your system is thinking about working with us! Before we can set up a session, it's important that we both know what to expect and how to prepare. Please read this form carefully! The TLDR is that we're not therapists and that we expect you to be nice during the session. Easy peasy, right? But just to be sure we're all on the same page, please initial on all the small lines and sign on all of the long lines. This way, we'll know that you've read and agreed to everything. Let's get started!

## What this session is/is not

What this session is:

- A coaching session. You, your system, and your life are highly unique. The purpose of the session is to help your system to work through ways to overcome your personal challenges. While not everything we suggest may work perfectly for your system, we aim to give you encouragement and practical advice. Your system will need to decide how to apply it to your life for the best effect.

What this session is not:

- A therapy session. We are not therapists, doctors, or medical/mental health professionals of any kind. We are DID systems ourselves that are wanting to share our personal experiences in order to help other systems. Because of this, please confirm that you acknowledge that we are not able to do the following:
  - We can not offer emergency help or support of any kind. If you are in distress, please call 911.
  - We can not help you through the emotional aspects relating to your traumas. We can give your system practical advice on how to live with your unique situation but we can not help you to overcome or heal from the trauma itself.
  - We can not diagnose your system. By booking a coaching session, you're telling us that you've been professionally diagnosed with Dissociative Identity Disorder.
  - We can not prescribe, modify, or cancel any medications as we are not medical or mental health professionals.

## Expectations from you during session

\_\_\_\_\_ We understand that, while the session is not meant to talk about triggers, something said during the session may trigger us.

\_\_\_\_\_ We understand that handling triggers is our responsibility and that The Happy Headspace can not be held responsible for helping us navigate through our (potential) trigger as they are not mental health professionals.

\_\_\_\_\_ We understand that, in the event of a severe trauma trigger during the session, the coach from The Happy Headspace will direct us to call either our therapist, an emergency support hotline, or 911.

\_\_\_\_\_ We'll set up any necessary safety precautions before our session to be on the safe side.

\_\_\_\_\_ We'll refrain from talking about our system's trauma. It is not necessary for the coaching session.

\_\_\_\_\_ We'll do our best to send a willing, adult alter to the coaching session. (Every alter is welcome but the session will be more productive if the fronting alter is a willing adult.)

\_\_\_\_\_ We'll refrain from cursing, yelling, or any aggressive behavior during the session. It's not nice or helpful.

\_\_\_\_\_ We understand that the session may end ahead of schedule if the fronting alter is unable to refrain from cursing, yelling, or any aggressive behavior during the session. It is up to the coach from The Happy Headspace if a makeup session will be scheduled or if any future appointments will be created.

## Questions for us

Which course are you wanting to dive deeper into?

What are the top three questions/concerns you would like to address?

## Type of Session

How will you be paying for your session? As of this time, there are six available sessions each month: four slots for \$100 and two slots that are "pay what you can". All spots are assigned according to first come, first serve applications (finances are not a deciding factor when scheduling appointments). Please mark the option that applies to you.

\_\_\_\_\_ Pay \$100

\_\_\_\_\_ Pay what I can: \$\_\_\_\_\_

\_\_\_\_\_ Whichever comes first (If pay what I can, \$\_\_\_\_\_)

\_\_\_\_\_ I'd also like to help with the scholarship fund for systems that need financial assistance. (If this is you, thank you! We'd love to help as many systems as possible. We'll contact you separately to get this set up.)

Thank you for filling out this form! We're looking forward to working with your system soon. We'll email you when there is an opening for us to work together!