

FOCUSING • THERAPY • TRAINING

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Information for Focusing, Therapy, & Consultation Clients/Trainees

GENERAL

I believe that everyone has their own unique inner wisdom. The goal of my work is to support you in accessing and living from this wisdom, so that you can heal and grow into greater authenticity, creativity, vitality, and compassion for yourself and others.

Focusing is a process of allowing what is true for us, at levels deeper than what might immediately bubble up into conscious awareness. Through Focusing we become aware of our bodies – of the wisdom, or truth that is literally embodied within us. Awareness, acceptance, compassion, and empowerment are the cornerstones of this approach.

The intention of these policies is to provide support, clarity, and structure within which your learning, healing, and personal growth is enhanced.

FEES

Fees are due in advance for phone, Skype, or Zoom sessions, and at the close of each in-person session. For sessions in discounted series, the total fee for the series is due prior to the beginning of the first session of the series.

Fees may be paid in advance by Popmoney, Chase QuickPay, Paypal, or mailing a check payable in either US dollars or Israeli shekels. For clients and students wishing to pay in a different currency, the best option is generally [TransferWise](#). Fees for one-to-one sessions are non-refundable. All fees will be reviewed periodically as deemed necessary.

DISCOUNTED SESSIONS

Because regularly scheduled sessions can greatly enhance and support healing and growth, the fee for one-to-one sessions are discounted when three or more sessions are paid in advance. Please note that these sessions do not all need to be scheduled in advance. Fees paid in advance for discounted sessions are non-refundable. Sessions purchased in advance may be used anytime up to a maximum of three months from the date of purchase.

APPOINTMENT TIMES

Sessions are 50 minutes long unless arranged otherwise. As your time is valuable, so is mine. If you call or arrive late for your appointment, the end time will remain the same (i.e. the scheduled time) and the full fee will be due. If you are running more than 30 minutes late for your session, the appointment will need to be rescheduled and you will be responsible for payment of the missed session.

CANCELLATIONS OR RE-SCHEDULING ONE-ONE SESSION(S)

Your time is set aside just for you. If you need to change your appointment please give as much notice as possible, and we will reschedule at a mutually agreed upon time. A minimum of **two working days** (i.e. at least 48 hours) notice by email or phone is required if you need to reschedule or cancel a session. For sessions not cancelled or rescheduled in this time frame, you will be responsible for payment of the session. Since emergencies sometimes do happen, if it is possible, we can reschedule the session for another day/ time in the same calendar week for no additional fee.

Please see next page for Client-Practitioner Agreement



CLIENT/ TRAINEE - PRACTITIONER AGREEMENT

The Client acknowledges that all services are for educational purposes only, that the Practitioner is not diagnosing, prescribing, or treating physical or mental ailments or conditions and the Client does not hold the Practitioner responsible for them. The Client agrees to communicate as honestly as possible with the Practitioner regarding feelings and needs that arise in the course of or as a result of sessions.

Occasionally this work may result in a sense of feeling worse before feeling better. This is generally the result of having challenged long-held assumptions and/or coping mechanisms, and is often a positive reflection of progress being made. I will be happy to discuss in advance how such results might be handled. There will be no charge for 5 minute mini-telephone consultations with the Practitioner between sessions. Longer calls will be pro-rated to the usual session fee.

All information disclosed within sessions is confidential. Your active participation is essential for optimal results.

Please indicate your agreement with these policies, and/or any questions you might have regarding them by sending an email to ruth@ruthhirsch.com.

I look forward to our work together.

~ Ruth

