**Mindfield Welcome Pack**.

**Introduction.**

 Congratulations on beginning this journey of self-discovery, to illuminate cognitive distortions, to correct negative behaviours and to live a life of your choosing, of fulfilment, success and free of any learned negative attitudes, behaviours and beliefs.

Your sessions will be mainly lead in the direction of you, I do not believe in the term “client”, I much prefer “participant” as we begin to explore the sources of the attitudes, behaviours and beliefs that have hindered you or proved to be obstacles, we will explore and eventually learn to manage effectively, together.

The sessions are 45 minutes to 1 hour long, most sessions will end with a skill, a practice, or homework for you to complete. This may include reading, listening to a Ted Talk, a podcast, some writing or some meditative and breathing exercises, as dictated by the lessons.

The length of time that you will require these lessons for, is to be dictated by your needs entirely, generally speaking, there is a significant change in a person’s cognitive process after 8 weeks of psychological skills training.

The approach used in sessions will be a cognitive approach and biological approach. This means that I will explore your thinking patterns, along with explaining why your brain and body are responding the way that they are to situations, and importantly, how we can challenge these processes. I specialise in mental resilience, the development of a positive mental attitude, turning surviving, into thriving when in positions of great stress and adversity, based around the “pillars of resilience” model that I have designed. The usage of that though, is dictated entirely by your needs.

**Agreement**

**Requirements of me.**

It is absolutely key to the process that we trust each other and therefore, I am bound entirely to the laws of confidentiality, that unless you disclose that you are a threat to yourself or to someone else, that I will not disclose any of what is discussed in our training to anyone or anything else.

If your needs exceed that of my skills or practices, as I am not a clinician, it is not my job nor my ability to diagnose any sort of mental illness, I will offer a referral to an equally professional clinician who will be able to suit your needs. I will still be available for emotional support through this process as I in no way wish you to feel that I have avoided any responsibility towards you, but I will not diagnose. Nor will I, in anyway disagree with the opinions or prescriptions of any other medical professional. I am here for emotional release and to develop resilience and well-being.

I will make notes of our meetings so that I may revise and keep a log, but it will be stored securely and not shared with any third party. You will be made aware of the time of each session and allowances will be made depending upon the individual’s needs, you will not be charged extra for this. Clear guidelines to any homework and practices will be made for you, and regular checks ups in text message/email form will be made.

**Requirements of you.**

Total honesty, I have heard it all and will be shocked by nothing, please just tell me the truth and together we can work on fixing any issues.

Payment of invoice prior to the session, I ow essential. I cannot guarantee your session, until the session has been paid for.

Homework will significantly improve the speed of your personal growth, it is entirely your decision to complete or not, but it will aid in the process considerably.

We will agree the best time/date for the next session at the end of each previous one, that suits both of us.

I look forward to this process together, to seeing you achieve your goals, to strive and grow and mature, to become self-aware and better able to manage your emotional state, to develop resilience and well-being and to become inspired by the lessons that we do.

I have never not enjoyed the people that I work with, I have never not developed a friendship with my participants and I have never not failed to help people achieve what they need to achieve, once they have become a participant.

Please sign below to show that you have read and understood all of the above and will endeavour to meet the guidelines as agreed.

**Signed…………………………………………………………………………………………………………………………**

**Date…………………………………………………………………………………………………………………………..**

**Name………………………………………………………………………………………………………………………….**

**Once you have completed this form, please contact me as soon as possible on-**  jameselliottairborne@gmail.com **and we can organise a session that suits your needs.**