



The One-on-One Intensive

A heart-opening one-on-one program to heal a long-standing issue or condition.

www.gettingnaked.com.au

CLIENT AGREEMENT

CLIENT: By committing to this agreement you are agreeing to the terms and conditions of Tamra's *One-on-One Intensive*. This agreement sets out the context in which you will get the outcome you want. It also covers some of the issues of law governing our relationship.

1. Self-Love Therapist Tamra Mercieca:

Your trainer and therapist Tamra Mercieca is the founder of the *Getting Naked* online school. Tamra is qualified in a range of modalities, holding a certificate IV in Life and Business Coaching and a Certificate IV in Training and Assessment, as well as being trained and certified in Neuro-Linguistic Programming, Time-Line Therapy and Therapeutic Hypnosis (having been accredited with the relevant boards of America).

Tamra is an accredited UI (Universal Intelligence) Mentor, holds a Vaginal Steaming certification, has completed the teacher training in The Billings Ovulation Method, has undergone Lifeline's Asist (Applied Suicide Intervention Skills Training) as well as completing a Wellness Leader Certificate. On top of this, Tamra has studied Taoism, Tantra, Buddhism, Shamanism, HeartMath, Positive Psychology, Energy Healing, Quantum Physics, Body De-armouring, Alexander Technique, Chakra Healing and Laughter Yoga independently and under the guidance of teachers world-wide.

Tamra holds yoga-specific qualifications including Yin Yoga (200hours), Pre-natal Kundalini Yoga (108hours) and Restorative Yoga (50hours). She has also completed trainings in Insight Yoga, Savasana Intensive, Back Care Anatomy, Pelvic Floor and Core Foundations, First-aid for Prolapse, Pain to Power Childbirth, Hypnobirthing and Self-Fertility Massage.

It was through this accumulation of knowledge, practical application, deep inquiry and ongoing personal insights, that Tamra developed what she now coins *Self-Love Therapy*; the modality upon which she will work with you to help you heal the issue/s you have enrolled in the program to heal.

Tamra is a legal Complementary Healthcare Provider, and not a licensed Medical Doctor,

Psychologist, Psychiatrist, Master's in Family and Child Counselling (MFCC), or a Master's in Social Work (MSW). The services you receive are not licensed in this state, nor are they regulated by a governmental body. If you are on medication you **MUST** inform your therapist. Furthermore, nothing that happens during this course should be construed as, nor should you believe that it is a substitute for the advice of a licensed person.

2. What to Expect:

If you have been in a therapy session before, expect that this one will be very different. We will not spend a lot of time talking about the problem. It is very important for us to discover the internal thought process of **HOW** you create the problem - what limiting beliefs and repressed emotions are creating the issues you're experiencing - so that we may quickly and effectively clear the problem at the root cause.

Tamra will help you gain awareness of why your life is the way it is and what needs to happen in order for you to move forward. The session will include the identification and removal of limiting beliefs that are holding you back, with new, more positive beliefs installed into the subconscious mind. Each session will end with you being set homeplay that **MUST** be completed before the next session.

The **One-on-One Intensive** includes ten fortnightly sessions (approx. one hour each) over five months. During this time you are expected to commit to the process and be available for **ALL** sessions. You will receive unlimited email support throughout the program, during which time you are to email Tamra as problems arise. Tamra will be available to answer your emails two days per week.

Because these sessions are conducted via phone/Skype/Zoom is it essential you ensure all mobile phones or other electronic devices are switched off (or on silent) and you are in a place where you will not be disturbed for the duration of the session. *Self-Love Therapy* requires your full attention in order to gain optimum results.

In addition to this you will also receive 5 Love Infusions (energy healing sessions). It is your responsibility to create the time and space to take part in these sessions. These are a crucial part of the program, and will greatly increase your ability to achieve the goal you set in the first session with Tamra.

While Tamra will be available to hold your hand for five months as you make this transformation, there will be up to two-weeks during this time where she will be unavailable for sessions or email support so she may enjoy some self-loving time-off. Should Tamra be away for *more* than two weeks during the program, this time will be added onto the end of the five-months to ensure you get the support you need in achieving your goal.

3. After the Session:

Tamra will assign you specific tasks to do; homeplay! These tasks are, absolutely, a fundamental part of the therapy. They may take up to several days or weeks to complete.

The tasks are directly related to the circumstances that created the problem you're experiencing. If you do not complete the homeplay, then neither you nor we can predict the outcome of the therapy. Certainly, any guarantees will not be valid if you do not do the tasking.

Secondly, **you must consistently focus on what you want**. The people who are the happiest over-all in life are those who recognise that you have a choice to focus on what you don't want or what you *do* want. You can focus on negative emotions and things that make you feel bad, or you can focus on positive emotions and things that make you feel good. It is your choice. After the session, you must focus on what you *want*.

Finally, if your old pattern rears its head, then you must make the conscious choice not to run that pattern again. You will be given strategies on how to ensure you're able to pull yourself out of these negative thinking patterns. If you find yourself struggling with this, please email me immediately for support, so I may offer you specific guidance and tools.

4. Upon completion of the program:

It is recommended that once completing the **One-on-One Intensive** program with Tamra that you complete the **Remarkable Relationships** online course, so that you may learn how to clear your own limiting beliefs, tune into your True Self and become your own healer. Once you have these additional skills you will be able to create all the results you desire in life and continue to enjoy a lifetime of growth.

Self-Love is a lifelong journey. Our purpose in life is to love ourselves, and the only way to do this, is to continue to connect deeply with oneself and develop a spiritual practice that will give you that connection. The **Remarkable Relationships** course will teach you all you need to know to have that spiritual practice so you may continue to nurture your relationship with YOU!

5. Self-Love Therapy explained:

Self-Love Therapy is a path home to oneself. It's a holistic modality that involves stripping off the layers of conditioning keeping a person from connecting to the love within; to their True Self. *Self-Love Therapy* understands that we're all perfect and whole, and the only problem we ever face, is a disconnection from self. In *Self-Love Therapy* a person learns how to nurture their relationship with self, and thus cultivate self-love, so they can live happily right now.

What makes *Self-Love Therapy* unique, is that it treats the whole person by marrying together Coaching, Therapy and Energy Healing. When you take an integrative approach like this, it's possible to not only heal the root cause of the issue, but guide a person on how to make behavioural and lifestyle changes to support them in living a healthy and happy life, where they feel connected and guided from within.

6. Privacy and Confidentiality

We keep all information we receive from you, confidential, and do not disclose it to persons outside our company. All client information is kept strictly confidential and is for our internal use only. This excludes any testimonial that is agreed upon once the course is complete.

Please note also, that the one-on-one sessions you have with Tamra cannot be recorded, unless written permission is given prior to the session. Please note that recording sessions with Tamra without her written consent is by law, illegal. The **One-on-One Intensive** is subject to *Getting Naked Pty Ltd's* [Privacy Policy](#).

7. Your Choice, Your Responsibility:

While, during the session, we will offer you advice and other ways of looking at your problem and its solutions for your consideration, you hereby agree that whatever we discuss is only our perspective and is not binding upon you, nor is it a prescription. If you want to discuss our suggestions with someone else, you should discuss them with a licensed health care provider. It is your responsibility to confirm whether or not any changes we made produced the desired results. It is your responsibility to communicate your results to us. Our liability is limited to the amount paid for the therapy.

It is also your responsibility to inform the therapist if a change of time and date for a session is required, 48 hours prior to that session. A late cancellation, unless in the case of an emergency, may incur the cost of the session. Your therapist will endeavour to be flexible, should you give her appropriate notice. If a session is cancelled it must be rescheduled as close to the original time as possible to ensure you do not lose momentum, as this can occur if the sessions are more than two weeks apart.

8. Intellectual Property

You agree that the **One-on-One Intensive** program contains proprietary information and material that is owned by *Getting Naked Pty Ltd* and is protected by copyright, trademark and other applicable intellectual property laws. Duplicating, sharing or uploading program files to sharing sites is considered stealing and the company will prosecute such misconduct to the fullest extent permitted by law.

You may not modify, copy, reproduce, republish, upload, post, transmit, rent, lease, loan, translate, sell, create derivative works, exploit, or distribute in any manner or medium (including by email or other electronic means) any material from the **One-on-One Intensive** program.

9. Payment Policy

You are responsible for paying for the **One-on-One Intensive** program in full and for providing us with a valid credit card or other payment method. If you have selected a payment plan and you miss a payment, you may be charged an additional administration fee of \$50 per missed payment.

If the course is not paid in full by the last session with your therapist (or within the agreed upon time if on an extended payment plan), *Getting Naked Pty Ltd* reserve the right to report any balance owed to a credit reporting bureau and/or collections agency subject to the company's sole discretion until the account is caught up and in good standing.

To be clear, the **One-on-One Intensive** program is not a "pay in part" program where you can pay only for a number of sessions and not others. This is a full immersion program and your payment plan is a convenience that we offer so that you can make the price sustainable. Therefore you **MUST** finish the program. That means, attend every session and complete the entire process all the way to the end. Should you for any reason, stop sessions, the full fee will still apply.

By purchasing the **One-on-One Intensive** program you accept, agree and understand that you are fully responsible for your progress and results from your participation and that we offer no representations, warranties or guarantees verbally or in writing regarding your outcomes. **The program fee is non refundable under any circumstances.**

10. Limitation Of Liability

Under no circumstances shall *Getting Naked Pty Ltd*, its owner, employees, affiliates, contractors or licensees, be liable to you for any direct, indirect, consequential incidental, special, exemplary or punitive damages arises from or out of your use of purchase of the **One-on-One Intensive** program. Your sole and exclusive remedy is to discontinue using the course content. Because some states or jurisdictions do not allow the exclusion or limitation of liability for consequential for incidental damages, in such states or jurisdictions *Getting Naked Pty Ltd's* liability shall be limited to the fullest extent permitted by law.

11. Termination

Getting Naked Pty Ltd is committed to providing you with a positive experience. If you fail, or *Getting Naked Pty Ltd* suspects that you have failed, to comply with any of the provisions of this Agreement, the Company, in its sole discretion and without notice to you, may: (a) limit, suspend, or terminate your participation in the program without refund or forgiveness of monthly payments; and/or (b) terminate this Agreement. Your obligations to the Company under this Agreement will survive expiration or termination of this Agreement for any reason.

Tamra looks forward to helping you strip off the layers of
conditioning so you can script your own life
and fall in love with YOU!