



# Self-Love Expansion Session

Expand into loving yourself, so you can enjoy more confidence and more authenticity.

[www.gettingnaked.com.au](http://www.gettingnaked.com.au)

## CLIENT AGREEMENT

**CLIENT:** By committing to this agreement you are agreeing to the terms and conditions of Tamra's *Self-Love Expansion Sessions*. 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.

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, Restore Your Core, Pain to Power Childbirth, Hypnobirthing, Self-Fertility Massage, HearthMath, and the Alexander Technique.

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 one limiting belief (or more if there is time) that is holding you back, with a new, more positive belief installed into the subconscious mind.

The session will end with you being set homeplay that will help cement in the new belief. If the belief does not shift in the session, it simply means you have more work to do, to be ready to release that belief, and Tamra will set you some homeplay specifically designed to help with this process. Please know that even if a belief doesn't shift in the session, it *will* loosen so it doesn't have such a hold over you, and that will offer you more freedom in your life.

The ***Self-Love Expansion Session*** includes one 90-minute session with Tamra. You will also have one week of email support following that session, to help answer any questions that may have arisen following the session. You can send as many emails as you like during this time, and Tamra will answer them on the two days per week that she answers emails.

Because these audio-only 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 1 Love Infusions (energy healing sessions). It is your responsibility to create the time and space to take part in this session. These are a beautiful way of helping to integrate and lock in the learnings from the session with Tamra.

## 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, and help integrate the clearings from the session. If you do not complete the homeplay, then neither you nor we can predict the outcome of the session.

Secondly, it's recommended that you **consistently focus on what you want**. Our mind doesn't know the difference between what is real and what is imagined. The more time you spend focusing on what you wish to experience in your life, the easier it is to allow that experience in. After the session, focusing on what you want is a powerful way of continuing to expand the healing that took place in the session.

#### 4. What the *Self-Love Expansion Session* is NOT...

*Self-Love Expansion Sessions* are designed to shift you into a new experience of yourself, by overcoming one core limiting belief that is tripping you up. They are designed to help you deepen into self-love, build your confidence and break through a current limitation you're facing. These 90-minute sessions are NOT designed to cure a long-standing issue.

If you wish to overcome such conditions as depression, anxiety, a physical illness or disease, long-standing financial or relationship issues, for instance, then it's recommended you take part in the *One-on-One Intensive*, which is specifically designed for this purpose. This more comprehensive program takes you through a specific framework that digs out ALL the beliefs responsible for the long-standing issue, so you can be free of it long-term.

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 *Self-Love Expansion Session* is a powerful step on that path, and one that will leave you feeling lighter and more confident about the road ahead.

#### 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 *Self-Love Expansion Session* 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 *Self-Love Expansion Session* 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. Our liability is limited to the amount paid for the therapy.

**It is also your responsibility to inform Tamra 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 a \$50 change-of-session fee. Tamra will endeavour to be flexible, should you give her appropriate notice.

## **8. Intellectual Property**

You agree that the **Self-Love Expansion Session** 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 **Self-Love Expansion Session**.

## **9. Payment Policy**

You are responsible for paying for the **Self-Love Expansion Session** 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 within the agreed upon time, *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.

By purchasing the **Self-Love Expansion Session** 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 session 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 **Self-Love Expansion Session**.

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 or 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!