



This document outlines the terms of our therapeutic relationship and what you can expect as a client.

Therapist: Heather Smith – Integrative Psychotherapy Practitioner

Location: Marbella, Spain / Online

Scope of Practice and Disclaimer

I offer non-clinical psychotherapy and emotional support services. I do not diagnose medical or psychiatric conditions, nor do I prescribe medication. My practice is grounded in evidence-informed integrative psychotherapy and conducted in accordance with Spanish guidelines.

Session Details

- **Duration:** 50 minutes
- **Format:** In-person or online via secure platform
- **Frequency:** Weekly or bi-weekly (as agreed)

Confidentiality

All sessions are confidential. The only exceptions include:

- If there is an imminent risk of harm to yourself or others
- If required by law or court order

Cancellation Policy

Please provide **24 hours' notice** for cancellations or rescheduling.

Missed sessions or cancellations made with less than 24 hours' notice may be charged in full.

By signing, you confirm you have read and understood the above terms and agree to participate in therapy under these conditions.

Sincerely,

Heather Smith

Integrative Psychotherapist

Client Signature: _____

Date: _____

+33 06 45 62 97 37

Heather@healingwithheather.eu

@Healing_with_Heather

