



BODY VITALITY CASE STUDY SESSION APPOINTMENT LETTER

[Click here for Google Doc](#)

Date XXX

Dear XXX

It was a pleasure speaking with you.

Thank you for filling in the Transformation Program Intake Form, which gave me a really good idea of what you wanted and where you want me to focus.

As a result, I am delighted to confirm your enrollment in the Transformation Program with myself, (Your Name).

Sessions last between an hour and **an hour and fifteen** minutes, and will be customised based on your individual needs. As agreed we will be meeting for a set of 6 sessions. The first appointment is as follows:

Date & Time: XXX

Location: [Zoom, link, password:](#)

I have also sent you a confirmation message via WhatsApp.

We decided to book subsequent sessions on a weekly basis, and the next 2 are as follows:

Date & Time: XXX

Date & Time: XXX

We will have a short checkpoint call after 3 sessions, and review what has changed and what we need to focus on in the remaining 3 sessions.

In between sessions, I might provide some additional resources to support you in your healing and transformation program.

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Here are some points that might support you in preparation for your session:

- Once the appointment gets booked, some people find that they have more emotions come up. This is completely natural - just welcome them.
- On the day of the appointment, you might like to drink more water than normal, and hydrate throughout the day. This will help flush out any toxins after the session.
- It's best to avoid stimulants like caffeine, nicotine and alcohol prior to your sessions, as these stimulants inhibit the ability to feel your emotions.
- In case your appointment is online, have some water and tissues ready, should you need it.
- After the appointment some people feel tired and want to rest, whereas others have more energy than normal.
- In case your body needs rest, plan your schedule accordingly to be able to have some time out afterwards.
- On the day of the session it is advised to eat healthy and nourishing foods that support your body to heal, regenerate and renew.
- With EFT, we will be touching the tapping points on the face, so **do wash your hands with soap and water** prior to sessions (this is in line with the safe touch COVID procedures).



We will be using the EFT Tapping points during our session, and if you are not already familiar with EFT, I will explain the points in our first session.

As I shared previously, I have completed training in a therapy named Emotional Freedom Techniques (EFT) with Vitality Living College & Master



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Trainer Dr Rangana Rupavi Choudhuri (PhD). Full details of the course I attended are here: <https://vitalitylivingcollege.info/body-vitality-weight-loss-body-confidence-with-eft-tapping>.

As a Body Vitality Practitioner in Training, referred to as Practitioner from now on, with [Vitality Living College](https://vitalitylivingcollege.info), I adhere to a code of conduct and a set of guidelines and terms. These are outlined below, and attendance of your first session means you have also read, understood and agreed to them.

I will be taking some quiet time prior to the sessions and might not be able to pick up the phone. I will see you on the day of our session on Zoom, WhatsApp or Skype.

If you have any questions, please do give me a call on [\[ADD YOUR PHONE NUMBER WITH COUNTRY CODE\]](#).

Warm wishes

[Add Your signature](#)

[Add Your Name](#)

Here are the full list of the [guidelines and terms](#) that you and your Certified Practitioner and or Practitioner in Training (referred to as Practitioner from now on) have agreed to. In summary the terms are:

- **Disclaimer:** You agree to treat the sessions as emotional therapy and coaching and not medical/mental health treatment.
- **Confidentiality:** You & your Practitioner agree to keep the session(s) confidential.
- **Record Taking Consent:** You agree that your sessions might be recorded and shall be kept confidential.
- **Informed Consent:** You agree to provide consent for the consultation calls and therapeutic sessions with EFT.
- **Data Information and Privacy:** Your sessions are private and are governed by our Privacy Policy and Data Protection Declaration.
- **Indemnity:** You agree to keep VLC harmless from the acts of the Practitioner

Vitality Living College™ - Empowering Transformation.

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- **Dispute Resolution:** In case of any dispute, we shall amicably settle such disputes between each other, unless the need to take some legal measures arises.
- **Contact:** If you have any questions about your session or the above information, please contact us on [\[ADD YOUR PHONE NUMBER WITH COUNTRY CODE\]](#).

More: <https://vitalitylivingcollege.info/one-to-one-eft-sessions/>