S. Katrina Curry, RCAT, LMFT, RMFT, RCC, RYT

She/they

Contract Agreement for SP Experiential Sessions for SP Students and Alumni

The purpose of this agreement is to establish mutual understanding of the nature of this mentoring relationship, agree to some logistical information, and clarify each of our roles and responsibilities.

**Learning Needs & Other Important Information About You**

Please take the space you need to respond to these questions; this reflection is for you and for me.

1. There are different reasons a practitioner might seek experiential SP sessions. I’m interested to know more about your motivations, learning needs, and growing edges. This information can help shape how we spend time together. Along the way your focus may change; if so, please let me know and we can adjust our process to support your learning.

* Please share a little bit about your motivations for seeking experiential sessions, and any learning needs and preferences for our time together:
* Do you have any accessibility needs that you would like to share:
* What pronouns do you use:

1. What level of SP training are you engaged in/what levels have you completed:
2. Who are/were your trainers:
3. What structure or focus would you like for our experiential sessions:

**About the Consultant:**

S. Katrina Curry, (also known as Katriona Curry) is a Certified Sensorimotor Psychotherapist and Approved Sensorimotor Psychotherapy Consultant, endorsed by SPI to provide individual and group consultation and experiential sessions for L1, L2, and L3 students and alumni. My pronouns are she and they. You are welcome to make use of either pronoun, and you may use either Katrina or Katriona.

**Logistics and Agreements:**

The following clarifies expectations, the general structure of experiential sessions, what SP trainees/clinicians can expect of me and what is expected of you in this mentoring relationship:

1. I encourage you to seek experiential sessions from other Certified SP practitioners as well. Each clinician has a different specialty area, a different mentoring approach, and their own SP flavor.

2. We will schedule our experiential sessions as schedules permit. You may create bookings on the online calendar, found through the bookings tab on my website: [www.katrionacurrymft.com](http://www.katrionacurrymft.com). Bookings can be for 1-2 hours at a time.

3. You welcome to book individual and group consultations if you would like to do so. If choose to do so, please complete the consultation agreement form as well.

3. I aim to provide a safe and supportive learning environment. I appreciate feedback that supports this intention. If you develop concerns about our mentoring relationship, or there are things we could be doing that would better support you or your learning needs or preferences, I welcome a conversation about this content, so that we can maintain a healthy and growth-fostering mentoring relationship.

4. I will keep abreast of current trends and changes happening with SP at the level of your SP training. I will provide experiential SP session clients with new information and accommodate your needs providing it remains within the scope of my knowledge. I will offer referrals to other clinicians if your learning needs or preferences are beyond my scope.

5. If you need a letter of verification of our experiential sessions, or a superbill for consultations for tax purposes, please do let me know. I charge a $25 processing fee for these services.

*What is expected of the SP Experiential Session Learner*

1. Come prepared for your session. This means: spend some time reflecting beforehand, upon how you would like to use the time together. If you have specific needs or desires for the focus/type of SP session, I welcome you to share that. In reflecting before the session, consider what questions are alive in you about your SP learning, where you feel stuck or frustrated, what growing edges you are tending, and what type of SP session will best support your learning at this time.

2. Payment for services is best made on the day of service. You may pay through venmo, paypal, etransfer (for Canadians), or credit card. For credit card payments, we can keep a card on file from when you book your appointment (please note that cards are billed weekly rather than daily).

*The difference between Experiential Sessions vs. Psychotherapy*

Experiential Sessions are not Psychotherapy, in that, the purpose of the session is to support your learning about this approach to therapy through an experiential learning process. While we will work with your own psychological content in the sessions, we are not in a therapist-client container but rather a mentor-learner container to support your learning, growth, and development in Sensorimotor Psychotherapy.

This format for learning can elicit personal content that feels vulnerable. We will be mindful together about selecting the titrated intensity of content that feels right for the nature of the container and relationship – so that you can learn experientially while feeling psychologically sturdy and held as a learner. If you have any questions about the nature of this relationship and container and how it differs from psychotherapy, I welcome that conversation in our first session.

**Experiential Session Learner Information**

Full name:

Degree:

License type and number:

Preferred mailing address:

Work Phone:

Cell Phone:

Email:

Work setting:

Number of clients you see a week:

What are your current goals for experiential sessions:

Preferred payment method:

**Prior to our first meeting, please complete and email this form to me at** [**info@katrinacurry.com**](mailto:info@katrinacurry.com)

Fees: My fee for experiential sessions is $175-225 US/hour.

I have read and understand and agree to the above conditions and expectations.

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SP Experiential Session Learner (print), Signature, Date

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