**Disclaimer:**

* This website provides information of a general nature and is designed for information and educational purposes only and does not constitute medical or legal advice.
* Like the practice of medicine; psychology, therapy and coaching is not absolute science. In no way are Charlotte Spurway's services to be interpreted as providing medical or psychiatric treatment or services.
* I will use my expertise to facilitate your awareness and the changes that are mutually agreed upon to be in your best interest, in the shortest time possible.
* I personally know of no case on record where an individual has been harmed by the use of these therapeutic services. I do know endless cases where individuals have benefited greatly from the use of these therapeutic services. As a general practice, it is necessary for everyone taking part in client sessions with Charlotte Spurway to sign this Release of Liability Agreement...

*'I am of legal age and in consideration of my acceptance as a participant in sessions, I for myself, my heirs, my executors, my administrators, and assignees, do hereby release and discharge Charlotte Spurway from all claims of damages arising from, or growing out of my participation in said activities.*

*I agree to be on time for my sessions and allow at least 24 hours of advance notice should I need to cancel or reschedule a session. Failure to provide 24 hours notice will result in the full fare being paid.*

*In order to be more successful in reaching my braved change, I agree too...*

*1. Be an active participant in my therapy and/or coaching experience and see myself as a partner in the transformative nature of this process and hold myself accountable for my choices.*

*2. Recognise that my thoughts, feelings, images and actions have a direct effect on my quality of life.*

*3. Acknowledge that my well-being depends directly on how well I care for myself physically, emotionally, intellectually and spirituality.*

*4. Take responsibility for my experience of 'life', because I create my choices and these are done to the best of my ability in the given moment with what I know in the present. Be kind to myself for what I did not know in the past.*

*5. Accept that blaming others or myself is totally futile.’*

*Charlotte Spurway*

*GMBPsS, MSc, BSc, PCGE, ACTP, CPC*