**Mary S. Communication and Cuddle Facilitation**

Agreements and Consent Form Aug 2019

Preferred nickname:

Date:

Name:

Preferred contact method :

(email, cell phone call or text)

Secondary contact method :

(email, cell phone call or text)

Location for intake interview:

Time/ Date:

Location of cuddle session:

Time/Date:

Agreements / Code of Conduct.

1. We will be fully present with each other. We agree to not be in an altered state during the session.

2. This is a non-sexual exchange. Both clients and practitioners agree to not pursue or encourage sexual arousal.

* No hand to genital contact or intentional genital stimulation of any kind
* No exchanging of saliva in any way.
* Minimum clothing of tank top and shorts to mid-thigh for both practitioner and client at all times.

3. Consent will be requested and acceded to verbally before any touching is initiated

* Client and practitioner both agree to practice consent and attention to personal boundaries
* Client and practitioner both verify that they are at least 18 years of age and fully able to give consent.
* Client and practitioner both agree to be free from any mind altering substances during the sessions
* Client and practitioner will communicate to find what is mutually comfortable throughout all interactions.
* We will consciously create a safe space to ask, give the true answer, and know the answer will be respected.

4. Tears and laughter are both welcome. Emotional release can assist relaxation and wellness.

5. Client and practitioner privacy will be respected and kept strictly confidential as allowed by law.

6. Client and practitioner both agree to respectful personal hygiene. No scents or strong odors.

7. If either of us is uncomfortable, we will say so and adjust. “I’m not comfortable with that.”

I understand and agree:

I will follow the code of conduct as laid out above during our session.

I am fully responsible for my own mental health and my own choices

I am at least 18 years of age and fully able to give consent on my own behalf

Anyone who will be at the session (observer or participant) will be at the intake interview

Mary may contact me at my preferred contact method for a wellness check the day after our session.

The regular fee is $60/hr, due before the session. Discount fee: \_\_\_\_\_\_\_\_\_\_\_\_\_

Travel fee of $5 per 15 minutes will be charged if Mary is asked to drive out of Salt Lake. Fee: \_\_\_\_\_\_\_\_\_\_

I am responsible for any applicable space rental fees in an outcall location.

What should Mary know before we have a cuddle session together?

Signed:

Mary Sorensen - Facilitator

Signed:

Client

WHAT TO EXPECT:

What happens in a session with Mary?

Whatever the client wants and I am comfortable with, within the code of conduct is allowed. Most probably, we will talk. I really love to discuss wellness, consent, relationships, boundaries and agreement negotiations. I can present several resources on those subjects. I can offer you reiki, sing with you (or to you), play a game or teach you to knit/crochet while our shoulders touch. We can talk about whatever helps you to relax. I can offer several guided meditations or we may just decide to breathe together.

Of course, I also offer healthy, consensual touch, which is something almost everyone needs and very few receive in a fulfilling way. For me, these sessions are about offering presence and connection with another human being. Presence and healthy touch can facilitate relaxation and healing. I offer to hold safe space for you to be yourself and relax without judgement. I will be there for YOU; you get to decide how the session will go.

Intake interview – no charge

Mary will meet with you face to face in a public space within a 15 minute drive of downtown Salt Lake City for about 20 minutes to talk together, answer your questions, go over this agreement form and mutually decide if we would like book a session. The face to face intake interview is required for new clients before confirming a session. Travel fees may apply if you prefer to meet out of Salt Lake and are due at the beginning of the intake session.

Cuddle Space / Location

Outcalls - We can discuss public spaces for our session or the client can provide a safe, clean, cuddle space. The client is responsible for any room reservation fees as well as cancellation fees for rented space if the session is cancelled. The cuddle space should be comfortable, clean and relaxing for you.

Incalls – Mary has a cuddle office downtown available for cuddle sessions.

Chaperone or second client

Couples may benefit from working with me together. Additional participants or observers will be negotiated and agreed upon in advance. All clients must be at the intake appointment if they will be present in the session.

Hygiene

Mary is extremely reactive to cigarette smoke and odors. If you are a smoker, please shower, wash your hair and wear fresh clothes to our session and meet at a smoke free outcall space. Mary is also sensitive to perfumes and scents including candles, alcohol, animals and incense. Please have an appropriate level of hygiene for getting close to someone. Mary agrees to do the same.

Fee schedule and discounts: $60 per hour for a cuddle session.

Fees are due before the session or at the beginning in order to minimize disruption of energy and relaxation at the end of the session. Discounts may be available for your first session, referral bookings, referrals to Cuddle Party and multiple session or multiple hour bookings. Forms of payment accepted: Cash, card, Paypal invoice or online at <https://paypal.me/marycuddler> or Venmo Marycuddler. Checks not accepted.

Travel time: $5 per 15 minutes

If Mary is asked to drive more than 20 minutes from the downtown Salt Lake area, Travel fees will be assessed at $5 per 15 minute block of time. Payment will be expected at the beginning of the intake interview (even if a session ends up not being booked) or at the beginning of the session along with the session fee. Glympse or MapMyTrip apps may be used to track and share travel time.

Cancellation and refund policy

Twenty-four hour advance notice for cancellations is required. Otherwise half payment is due. Mary will confirm your cancellation as soon as your message is noted. Expectations, issues and questions should be discussed during the free intake interview so we are entirely comfortable confirming a session with each other. The session may be discontinued by either party at any time. Mary will discuss possible partial return of payment or credit for a future session on a case by case basis if the session is discontinued early. Any possible refund or credit will be solely at Mary’s discretion.

Disclaimer

I (Mary) am not a therapist, nor a counselor. I hope to create a safe space for the client to relax and explore their own health and wellness. I will attempt to facilitate and coach the client’s own exploration of communication ideas and introduce approaches to healthy relationship agreements. The client is solely responsible for their own physical, mental, and emotional well-being during the coaching sessions, including the client’s choices and decisions. The service being provided is facilitation, which is neither therapy nor counseling. There are no prior agreements regarding touch of any kind and agreement to meet is never to be construed as a contractual agreement regarding touch.

One Rule.

I really love our Cuddlist Mentor Madelon Guinazzo’s idea about the only rule we need to have:

If either of us is uncomfortable, we will say so and adjust. We may practice saying “I’m not comfortable with that.”

It is important to understand that if either party is uncomfortable we will both feel it. *It will not be a favor to you as my client for me to suffer through, tolerate or endure any kind of contact or interaction with you.* Even if on the surface you get everything you may think you wanted, you will walk away feeling less than great about it and may not ever know why. It is the same for me if you try to give me what you think I want when you are uncomfortable. I agree to let you know when I am uncomfortable and I need to be able to trust you to do the same with me.