



ASSURANCE OF VALUE AGREEMENT

For (client): _____

Congratulations on your willingness to participate in one of the most powerful healing modalities available, Somatic Breath Therapy! In order to assure that you get the most out of this process and our work together, I am inviting you to embrace the full scope of the work through a willingness to commit to the entire breathwork session cycle (5 – 7 sessions, not more than 3 weeks apart).

Besides the amazing benefits that you will feel from learning the tool of Conscious Breathing, another aspect of the transformational journey that often arises is *resistance*. Resistance is nothing to be ashamed of! Resistance is a natural result from the body-mind's original instruction to keep you safe and to negotiate difficult/traumatic events through the suppression of feelings and thoughts. Generally, suppressions redirect conscious attention away from painful experiences until a time when you are able to integrate them; and that time is now.

Chronic suppressions from past overwhelming experience can lead to a variety of mental positions, attitudes and body-mind behaviors that conveniently want you to maintain a 'safe distance' from what feels painful. These thoughts will try to convince you why you shouldn't continue: "It's just too intense, my life is too busy, I don't have enough money, I can't handle this right now, it's making me feel worse not better, (my dog ate my homework":-), I feel sick thinking about it.. etc. Although the resistance to face and feel difficult things may have been a good strategy up till now, in choosing to do this work I urge you to reconsider that it may not be an effective strategy to use during this time of deep healing work.

One of the primary goals of Somatic Breath Therapy is to take a look at, *breathe through* and integrate past shock, trauma, suppressions and beliefs. Regardless of how convincing resistance seems to be, these reactions to the work are usually NOT, however, truly representative of what you need to effectively move through your current suffering and set yourself free.

I am inviting you now to join with me in this agreement to maximize your intention to move THROUGH your resistance and achieve the joy that lives on the other side of integration. If you find yourself questioning the continuance of our work, I simply ask you to communicate with me immediately, so I may assist you in discerning what is true and what you may be experiencing as normal resistance. Your signature below shall indicate your willingness to work together and abide by the intention of this agreement.

Sincerely,

Lisa V Kusch

Client's signature

Date: _____