

KATSCRATCH.ONLINE

INNER EDGE | Vital Insights | PSYCH-ish

INTEGRATIVE DEVELOPMENT + NERVOUS-SYSTEM SUPPORT

Informed Consent | 2026

SECTION 1 — PURPOSE + NATURE OF SERVICES

This document outlines important information about the nature of services, your rights, responsibilities, confidentiality, and the boundaries of our work together. Please read each section carefully. You may ask questions at any time.

Services provided through KatScratch.online focus on integrative development, nervous-system literacy, identity clarity, resilience-building, and performance-oriented support. These services are non-clinical and do not include medical treatment, psychotherapy, or clinical diagnosis.

Sessions may occur online or in person depending on the division you are engaging with. All services are educational, developmental, and collaborative. You may pause, redirect, or stop a session at any time.

SECTION 2 — WHAT TO EXPECT

Our work may include:

- Education about nervous-system patterns
- Somatic awareness practices
- Integrative well-being + resilience strategies
- Identity + mission exploration
- Collaborative goal development

Our work will not include:

- Medical advice
- Diagnosis or treatment of medical or mental-health conditions
- Emergency or crisis intervention

SECTION 3 — CLIENT RIGHTS

You have the right to:

- Ask questions at any time
- Decline or withdraw from services at any time
- Request referrals if needed
- Receive clear information about boundaries and expectations
- Pause, slow down, or request adjustments to pacing or focus

SECTION 4 — PROVIDER RESPONSIBILITIES

I will:

- Maintain professional boundaries
- Provide services within my non-clinical scope of practice
- Offer transparency about methods and limitations
- Protect your privacy within the limits of confidentiality
- Refer you to appropriate professionals when needed

SECTION 5 — RISKS + BENEFITS

Potential benefits may include:

- Increased nervous-system awareness
- Improved regulation and resilience
- Greater clarity, grounding, or well-being

Potential risks may include:

- Temporary discomfort when exploring patterns
- Emotional activation
- Physical sensations associated with regulation practices

No specific outcomes can be guaranteed.

SECTION 6 — CONFIDENTIALITY

Your information is kept private except in the following situations:

- Harm to self
- Harm to others
- Abuse or neglect of a minor or vulnerable adult
- Court order requiring disclosure

Records may be kept electronically and stored securely.

SECTION 7 — COMMUNICATION POLICIES

Preferred communication methods include:

- Phone
- Text
- Email

Please note:

- Response times may vary
- Voicemail and text messages may be used unless you request otherwise
- Electronic communication may not be fully secure

SECTION 8 — FEES + CANCELLATIONS

Fees, payment expectations, and cancellation policies will be discussed prior to beginning services.

- Cancellations require advance notice
- Late cancellations or no-shows may incur a fee

SECTION 9 — TELEHEALTH

If sessions occur via phone or video:

- You are responsible for ensuring a private, safe environment
- Technology issues may interrupt sessions
- A backup plan will be discussed if connection fails

SECTION 10 — CONSENT TO PARTICIPATE

By signing below, you acknowledge that:

- You have read and understand this informed consent
- You have had the opportunity to ask questions
- You understand the nature and limitations of services
- You voluntarily agree to participate

Digital Signature Notice By submitting this form [electronically](#), you acknowledge that your typed name and submission serve as your digital signature. This confirms that you have reviewed and agree to the KatScratch.online Informed Consent and Working Agreements, and that you choose to participate willingly.