

**KatScratch.online is a multi-division ecosystem focused on integrative human development.**

Each division offers distinct, non-clinical services grounded in physiology, identity, resilience, and performance.

These Policies & Procedures outline the shared values, boundaries, expectations, and trauma-informed principles that guide work across the ecosystem.

This document supports clarity, safety, and transparency for all clients, collaborators, and organizations engaging with KatScratch.

## **1. Ecosystem Overview**

### **Inner Edge**

Somatic coaching, high-performance psychology, nervous-system literacy, identity clarity, and mission-driven development for athletes, executives, teams, military groups, and communities.

### **Vital Insights**

HRV analysis, psychophysiology, autonomic profiling, investigative genealogy, lineage science, and systems-based insight for individuals, organizations, and investigative partners.

### **PSYCH-ish**

Integrative frameworks, nervous-system education, identity-informed development, and experiential learning for individuals seeking growth, regulation, and resilience.

**Across all divisions, KatScratch provides non-clinical, trauma-informed, physiology-aware development services.**

## **2. Scope of Practice**

### **KatScratch does not provide:**

- mental-health treatment
- therapy or counseling
- diagnosis
- medical advice
- crisis intervention
- clinical documentation
- HIPAA-regulated services

**KatScratch does provide:**

- somatic coaching
- performance development
- identity + mission clarity
- nervous-system literacy
- resilience training
- psychophysiological insight
- HRV-based analysis
- investigative + lineage science
- systems-based human development

**All services are educational, developmental, and performance-oriented.**

**3. Trauma-Informed Principles**

**All divisions operate through a trauma-informed lens grounded in:**

- Safety
- Trust + transparency
- Collaborative + shared engagement
- Empowerment + choice
- Cultural, historical, and identity awareness
- Resilience + regulation-first approaches

This lens informs communication, pacing, boundaries, and session structure across all services.

**4. Communication Expectations**

**Email is the primary communication channel.**

- Messages are responded to within 48–72 hours during business days.
- After-hours communication is not monitored.
- Emergency or crisis messages cannot be responded to and will be redirected to appropriate resources.
- Session scheduling occurs through approved platforms only.

**Clients may request slower pacing, clarification, or grounding pauses during communication or sessions. Coaches may offer simple regulation strategies**

**(breathing, orienting, or sensory grounding) to support emotional safety and capacity.**

## **5. Confidentiality & Privacy**

- No clinical records are kept.
- No protected health information is collected.
- HRV, genealogy, and profiling data are stored securely and used only for agreed-upon purposes.
- Clients may request deletion of their data at any time.

**Confidentiality is upheld within the limits of safety, ethics, and legal requirements.**

## **6. Session Structure**

### **Inner Edge Sessions**

- Somatic coaching
- Identity + mission development
- Performance psychology
- Nervous-system literacy
- Regulation-first practices
- Trauma-informed pacing + collaborative adjustment

### **Vital Insights Sessions**

- HRV analysis
- Autonomic profiling
- Psychophysiological insight
- Lineage + investigative genealogy
- Systems-based interpretation
- Evidence-driven feedback

### **PSYCH-ish Sessions**

- Integrative frameworks
- Nervous-system education
- Identity exploration
- Experiential development
- Resilience-building practices

**Sessions are collaborative, structured, and tailored to the client’s goals, with pacing adjusted based on readiness and regulation.**

## **7. Safety & Crisis Limitations**

**KatScratch does not provide:**

- crisis intervention
- emergency support
- suicide prevention
- medical or psychiatric care

**If a client expresses safety concerns, they will be referred to:**

- 911 (immediate danger)
- 988 Suicide & Crisis Lifeline
- local emergency services
- licensed mental-health providers

**These boundaries protect both the client and the integrity of the ecosystem.**

## **8. Referral Pathways**

**Clients may be referred out when:**

- needs exceed the scope of coaching or analysis
- clinical support is required
- safety concerns arise
- specialized services are appropriate
- observable indicators suggest clinical distress (e.g., persistent dysregulation, intrusive symptoms, impaired daily functioning, or expressed desire for clinical evaluation)

**Referrals may include:**

- licensed therapists
- medical providers
- crisis resources
- investigative partners
- specialized consultants

**Decision Pathway:**

1. Identify observable indicators of distress or clinical need.
2. Clarify scope limitations and discuss options with the client.
3. Offer appropriate referral resources.
4. Support transition while maintaining non-clinical boundaries.

**Referrals are made collaboratively, respectfully, and with client autonomy at the center.**

## 9. Consent & Agreements

**Before engaging in services, clients agree to:**

- the non-clinical nature of all services
- communication boundaries
- confidentiality limitations
- data use agreements
- session expectations
- mutual respect and collaboration

**Consent is ongoing, active, and can be withdrawn at any time. Clients retain the right to pause, stop, or modify sessions; request breaks; decline specific practices; and ask for adjustments to pacing or focus based on their comfort and capacity.**

## 10. Practitioner Development & Reflective Practice

**All practitioners within the KatScratch ecosystem engage in:**

- ongoing reflective practice to support clarity, attunement, and trauma-responsive communication
- periodic skills refreshers focused on somatic awareness, regulation-first approaches, and nervous-system literacy
- continuing education relevant to physiology-aware, identity-informed, and trauma-informed development
- peer consultation or collaborative review to maintain alignment with ecosystem values and boundaries

**These practices ensure consistency, competence, and integrity across all services.**

***This document is provided for clarity and transparency. It is not a contract and does not replace the Informed Consent signed in the member area.***

