

# MetaMinds®

[www.metamindsnyc.com](http://www.metamindsnyc.com)

## Mindfulness Aloud® Client Bill of Rights

You matter. You are an incredibly unique person who is more than any problems you're here to resolve, and I will do my best to treat you and your process with the utmost care and respect.

You have the right to receive gentle, unobtrusive guiding throughout your sessions, and you have the right to let me know if something I said or something I offered doesn't fit. Doing so is actually encouraged and part of the process; it enables you to remain empowered throughout your session.

You have the right to know that anything you share will be welcomed.

You have the right to expect that you will not be diagnosed, analyzed, interpreted or made to feel wrong or reduced in any way.

You have the right to expect that you will not be asked to share any information that you're not comfortable sharing. What you share or don't share is entirely up to you.

You have the right to raise any interpersonal concerns with me, and you can expect that I will listen to those concerns and work to resolve any issues.

You have the right to choose whether or not to make another appointment with me.

You have the right to know that your sessions are kept entirely confidential and any information you share will not be revealed to anyone without your explicit permission.

