

IFS-Informed Sessions Agreement

Practitioner: Chris Lane

Nature of the Work

Chris Lane offers sessions informed by Internal Family Systems (IFS), a model that supports the exploration of inner parts, emotional awareness, and personal insight. These sessions are intended to support constraint release & self-understanding. They are not psychotherapy, nor are they medical or psychiatric treatment.

Scope of Practice

Chris Lane works as an IFS-informed practitioner. He does not diagnose or treat mental health conditions, and these sessions are not a substitute for therapy, medical care, or crisis services. Where appropriate, clients may be encouraged to seek support from a licensed professional.

Suitability, Capacity & Personal Responsibility

By engaging in this work, you acknowledge that you are responsible for your own wellbeing, choices, and actions during and between sessions. You consider yourself capable of engaging in reflective inner work and regulating your emotional state as needed. You understand that sessions may involve strong emotional or physical sensations, and you agree to do your best to communicate if you feel overwhelmed.

Grounding & Integration

You agree to take responsibility for your own grounding and integration between sessions. This may include rest, spending time in nature, reflection, journaling, or other supportive practices that help you process material that arises during sessions.

Support & Risk Boundaries

Chris Lane does not provide crisis support or emergency services. If you experience thoughts of harming yourself or others, you agree to seek appropriate support through your GP, NHS 111, Samaritans, or emergency services.

Liability

To the fullest extent permitted by law, Chris Lane is not responsible for outcomes resulting from decisions, behaviours, or actions you take during or after sessions. You acknowledge

that inner exploration can influence feelings and behaviour in unpredictable ways and that results will vary between individuals.

No Guarantee of Outcomes

No specific results are guaranteed within any timeframe or number of sessions. Personal insight, change, or transformation may occur, but this is not guaranteed at any stage of the work.

Session Structure & Fees

Sessions are up to 90 minutes in length and are conducted online. If applicable, fees are agreed in advance between Chris Lane and the client and must be paid prior to the session via bank transfer - note, you do not need a Revolut account to pay to this, or USDC stablecoin payment.

Cancellation Policy

A minimum of 24 hours' notice is required to cancel or reschedule a session. Sessions cancelled with less than 24 hours' notice may be charged in full.

Communication Between Sessions

Brief check-ins between sessions are welcome. Any additional support outside of sessions will be by prior agreement. Between-session communication is not a substitute for sessions or crisis support.

Confidentiality

All information shared in sessions is treated as confidential. Exceptions apply where consent is given by the client, there is a risk of serious harm to yourself or others or where there is a legal obligation to disclose information.

Notes & Data Handling

Session notes may be kept and are stored securely offline. All personal information is handled with care and discretion.

Supervision

Chris Lane may discuss aspects of the work in professional supervision, with all identifying details removed, in order to maintain and improve the quality of his practice.

Boundaries

Sessions will begin and end on time. Communication outside of sessions is limited to agreed channels. Chris Lane reserves the right to pause or end the work if it is outside his scope of practice or not appropriate to continue.

Ending the Work

Either party may end the working relationship at any time. You will be encouraged to check in with protective parts that may have legitimate worries about what might happen by continuing before terminating sessions. Where appropriate, alternative or additional support may be suggested.

Consent

By signing this agreement, you confirm that you understand the nature and limits of IFS-informed sessions, accept responsibility for your own wellbeing and actions, and consent to participate in this work.

Client Name:

Client Signature:

Date:

Practitioner: Chris Lane

Signature:

Date:

Payment information

Please include your name as a reference when sending payment.

UK domestic transfers:

Sort 163130

Account number: 35553558

Payment in Euros to Revolut (bank transfer):

Revtag @christ7qmg

IBAN GB18 REVO 0099 7049 4924 50

BIC/SWIFT code REVOGB21

USDC Stablecoin:

Polygon chain only: 0xD21Cef8486EAc92DC5DC71c52559618b2a8F9123

Solana chain only: FD7ftkE7eWsmNjZuWHf873tnSwyKDrqY3yhk6sDQbnFU

If you require a USDC wallet address for a different chain please request this.