Consultation Terms

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Please read these terms before booking a consultation. They explain the nature of my work, its boundaries, and the practical arrangements involved.

1. Nature of the Consultations

My consultations provide space for reflection, exploration, brainstorming, perspective-sharing, and planning. Topics may include work, career, personal decisions, relationships, habits, identity, and other matters we mutually agree to explore.

I do not hold a professional license or certification in psychology, psychotherapy, counseling, or a related clinical discipline, and I have no formal clinical training. I do not provide diagnosis, psychotherapy, medical treatment, addiction treatment, or other clinical services.

These consultations are not designed to assess, treat, or manage mental-health conditions and are not a substitute for qualified professional services. My observations and suggestions are informal and exploratory, and I cannot guarantee any particular outcome.

2. Personal Responsibility

Our work is collaborative. I will listen, ask questions, share my perspective, and help you explore your options. You remain responsible for your decisions and actions.

You are welcome to disagree with me, decline suggestions, change direction, or end a discussion or session at any time. My consultations do not replace qualified legal, medical, financial, or other specialized advice.

3. Urgent Situations and Communication

My consultations are not a crisis, emergency, or urgent clinical service. I am not trained or equipped to assess or manage suicidal ideation, imminent risk of harm, or situations requiring urgent clinical intervention.

If you or someone else is in immediate danger, contact the appropriate emergency service. Do not rely on me for urgent assistance. I may pause or discontinue consultations and recommend other support if your needs fall outside my competence or the appropriate scope of my work. If I believe someone may be in imminent danger, I may contact emergency services or take other appropriate steps based on the circumstances.

Between-session communication is limited to email and is intended for scheduling, administrative matters, and occasional brief follow-up. I do not provide ongoing support through text messages, phone calls, WhatsApp, social media, or other messaging channels. I generally aim to respond to emails within 24–48 hours, but response times are not guaranteed. Email is not monitored continuously and is not an emergency contact channel.

4. Scheduling, Payments, Cancellations, and Refunds

Session times, duration, fees, and payment arrangements will be agreed in writing before sessions begin.

Unless otherwise agreed in writing, prepaid packages must be used within one year of payment. Packages put on hold are subject to the same expiration period, to the extent permitted by applicable law.

Where reasonably possible, please provide two to three days' notice for cancellations or rescheduling. Unexpected circumstances will be considered individually. Repeated or avoidable last-minute cancellations may result in a session being treated as used or not rescheduled.

If a technical problem on my side materially disrupts a session, I will arrange a rescheduled session. If a problem on your side materially disrupts a session, I may offer a reschedule or other reasonable accommodation at my discretion, but cannot guarantee one.

You may pause or discontinue consultations at any time, without any obligation to purchase another package. I may also recommend pausing or ending our work if it is no longer appropriate or productive for your needs.

If we mutually agree to discontinue our consultations, I will refund any unused prepaid balance, less any non-refundable payment processing fees, where applicable and permitted by law. If you independently decide to discontinue, please notify me in advance. I will consider your circumstances and make reasonable efforts to accommodate your request, including a refund or other arrangement where appropriate.

5. Privacy, Confidentiality, and Notes

I treat information shared during consultations with care and discretion, but cannot guarantee absolute confidentiality. Information may be disclosed where required or permitted by applicable law.

I may discuss relevant aspects of my consultation work with trusted peers or advisors through peer consultation or co-supervision. I will take reasonable steps to protect your identity, avoid sharing identifying details, and limit information to what is relevant.

I may keep private working notes to support continuity. Notes may be retained for up to one year after our consultation relationship ends, unless longer retention is reasonably necessary for business, recordkeeping, or legal purposes. You may request deletion, subject to applicable law and legitimate recordkeeping needs.

Third-party services such as email, online meeting platforms, scheduling tools, and shared documents may process or store information under their own privacy practices. Please consider this before sharing sensitive information.

6. Recording and Use of Session Material

Neither of us may audio-record, video-record, screen-record, or otherwise record a consultation without the other's explicit prior consent. Consent must be obtained before recording begins; silence is not consent.

I may use general observations, recurring themes, lessons, and insights from consultation work in educational or public-facing work, including books, podcasts, writing, and presentations. I may also combine or adapt material into composite examples.

I will take reasonable steps to remove or alter names, personal identifiers, and details that could reasonably identify a client. I will not intentionally publish your name or knowingly disclose identifying details under this provision.

You may tell me at any time if you prefer that I not draw on our sessions in future public or educational work. I will honor that preference going forward. This does not require removal of material already lawfully published or material that cannot reasonably be withdrawn.

7. Public Communications and Testimonials

My public writing, social media posts, podcasts, and other communications are separate from our consultations and are not individualized advice unless explicitly agreed otherwise.

I will not identify you as a client or publish a testimonial attributed to you without your separate permission. Providing or declining a testimonial will not affect our consultations.

8. Other Professional Support and Referrals

If you receive support from a therapist, physician, or another professional on matters relevant to our consultations, I encourage you to let me know so we can consider relevant boundaries or potential conflicts in approach.

My consultations do not replace existing professional care. If receiving input from multiple sources may create confusion or conflict, I may recommend coordinating with your existing provider, pausing our consultations, or reconsidering whether continuing is appropriate.

I may suggest other providers when another form of support seems more appropriate. Such referrals are suggestions, not endorsements or guarantees.

9. Conduct, Feedback, and Legal Rights

I welcome honest feedback, criticism, disagreement, truthful accounts of personal experiences, and good-faith complaints. Both parties agree to communicate in good faith and refrain from knowingly making materially false factual claims about the other.

Nothing in these terms prohibits lawful criticism, honest reviews, truthful statements of personal experience, or the exercise of either party's legal rights. I reserve any legal rights and remedies available under applicable law in response to defamation or other unlawful conduct. Nothing in these terms creates rights beyond those provided by law or prevents either party from seeking legal advice or pursuing available remedies.

10. General Terms

These terms are governed by California law, subject to applicable mandatory law. To the extent legally permitted, legal actions arising from our consultation relationship should be brought in a court of competent jurisdiction in San Francisco County, California.

These terms remain in effect throughout our consultation relationship unless replaced or terminated in writing. Material changes must be confirmed in writing. If any provision is found unenforceable, the remaining provisions continue to apply to the extent permitted by law.

If these terms differ from the full Consultation Agreement, the full agreement will govern, subject to applicable law.

By booking a consultation, you acknowledge that you have read and agreed to these terms. You will also be provided with the full Consultation Agreement to review and sign before our first session.