

**One - on - One**  
**Emotional Healing Process**  
**(Online)**

With Scott East

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**Welcome!**

I have written this document to provide some **essential context** to you about the nature of an Emotional Healing Process.

Please be sure to **read the entire document** before proceeding with the registration process.

**An Emotional Healing Process is...**

- A context in which **feeling is allowed**
- A context in which **my goal is to support you** to step through the “next doorway” that your innermost being yearns to step through
- A context in which **you have the choice** of what steps to take.
- A context that is **informed by your ongoing consent**. You can say Stop to any process or No to any offer that I make to you.
- A context that is **transformational by nature**.

## An Emotional Healing Process is Not...

- Not a context about fixing something that is wrong with you (***There is nothing wrong with you.***)
- Not a context about giving your authority away to me or anyone external to you (***I am not a guru or a teacher. I am a Spaceholder. I hold space for you to navigate to a space of healing inside of yourself.***)
- Not a context about me giving you anything to make you more whole or complete (**I invite you to let go of the belief that anyone can do this for you.**)
- Not a context for escaping or bypassing uncomfortable feelings ( **I'm not going to force you to feel uncomfortable feelings. That said- not much will happen if you choose to avoid your feelings during the process.**)

## Further Context

- Sessions last between 1 and 1.5 hrs. We will be booking a 2-hour slot so that you have time for integration afterwards.
- **It's important to be in a location where you can make some sound.** (Feeling isn't always loud, but it can be, so it's basically essential to have this option available)
- There will be time at the start of the call for any questions that you might have.
- Once we book a time for the session, I will send you a Zoom link. Please **make sure your computer is booted up and you are ready to log on 5 minutes before our call.**
- I ask that you bring **tissues**, a **towel**, some **water** and a **bucket** to the session.

Thank you for reading! I welcome you to continue with the Google form ( **the link is in the intake email** )