

Working with me

Hello

Your first appointment for homeopathic treatment is now booked.

If you have any questions, no matter how big or small, please get in touch. We can work together to find an answer. Your homeopathic treatment is a partnership built on mutual trust and respect, and I look forward to working with you to achieve your health goals.

Please have a read over this document and keep it safe as a reminder of your commitment to yourself and prioritising your own health and well-being.

All best wishes

Rachael

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Appointments <https://rachaelricheshomeopathybooking.as.me/schedule.php>

What to expect

- I offer time, care and treatment with homeopathy, but ultimately you are taking responsibility for your own health and well-being.
- Your appointments are a space for you to discuss openly and honestly your health symptoms, past and present, as well as your expectations of the treatment.
- Homeopathy is a process whereby the body is stimulated to heal itself. Successful and lasting treatment is rarely achieved in one step; it is more like a series of stepping stones.
- Generally progress is steady, however sometimes you may experience a plateau in the improvement of your symptoms.
- You may find previous symptoms may reappear. This is part of the process and may indicate a deeper level of healing taking place.
- You can expect to see an improvement in the severity, frequency and duration of your symptoms over time.
- Your treatment is tailored to you as an individual. Everyone responds differently and your progress will depend on the extent of your symptoms at the start of your treatment, in addition to your medical history.
- As we are building a relationship together it can take time to understand how your body will respond to homeopathic treatment. The frequency with which you take a remedy may need to be tweaked for example.
- Please be aware that no therapist can offer a guarantee of cure and that the intention of homeopathy is not to diagnose or name an illness. Homeopathy treats you, the individual and the symptoms you are presenting with.
- Please do not discuss your homeopathic treatment on social media or social groups/forums. Your treatment is individual to your needs or that of your family. It is an ongoing process and can take time. Discussing 1 aspect of your treatment with someone not familiar with ALL of your symptoms can create confusion. If you have questions please contact me.

My commitment to you

- I will work for you and with you.
- I will act with integrity, openness and professionalism.
- All of our communication, during and outside of the consultation is completely confidential.
- All records I keep will be confidential unless you have given me permission to speak to others or unless I am required to disclose information by law, or if I believe you are a risk to yourself or others.
- If you would like to speak about an issue in between appointments please book a 15 minute phone/zoom call with me using my booking page [HERE](#) or email me.
- Calls requiring longer than 15 minutes outside of your scheduled appointment may incur an extra charge. Any additional remedies outside of your appointments may incur extra charges. These charges are to cover my time during the call and any time I spend working on remedies for you.
- I may ask you to email me with updates in between your appointments so I can note changes in your symptoms. I keep all information in your file and refer back to it during your follow up appointment.
- I am contactable via email and text message – if your message is urgent please title the message “URGENT” and I will answer as soon as I have a gap between appointments.
- I set time aside Monday to Thursday to respond to your messages..

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- For non-urgent messages I will get back to you as soon as I can.
- When I am on leave I will communicate to you dates I am not available, if I have a locum covering my clinic or how you can access homeopathic help during that time. I will answer ALL messages when I return to clinic.
- I am open to your feedback about how I can improve my service to you. Please email me.
- You will not be encouraged to terminate any previous therapies, treatment plans or medications.

Your commitment to your treatment

- You agree to value and prioritise your appointments as this is the time I have set aside for you.
- You will let me know immediately if you have any concerns about our work together.
- You understand that appointments may end at the agreed time even if you arrive late for your session. The full fee applies.
- The time for bringing a course of homeopathic treatment to an end is normally discussed between us. However, you are free to leave a course of treatment at any time.

Re-schedule/Cancellation

- If you need to change/cancel your appointment please email me.
- Appointment reminders are sent 4 days and 2 days prior to your appointment.
- If you find you need to change/cancel your appointment it is possible to do this UP TO 48hrs before your appointment. After this time it is not possible to cancel or reschedule without incurring a fee .
- A 50% fee is payable for late cancellations or no-show.
- If you are running late for your appointment because of unexpected emergencies on the day please don't worry. Message me, and we can work something out.

Payment

- Payment required at the time of booking all appointments.
- Payment for remedies: If I make up remedies for you I will email you an invoice.
- Payment for all invoices is appreciated within 24hours of invoice date. Thank you.
- Fees and invoices are charged in GBP£. Your bank will calculate the exchange rate.
- If you need to discuss fees for your treatment please email me.

Thank You...

..... for coming to see me and I look forward to working with you on your journey to optimum health and well-being.



Rachael