

Yellow Arrow Consulting LLC  
**Jasmine Kammerer, MA, LMHCA, CHT**

---

**TRIM-LIFE AND CLEAN BREAK POLICIES AND CLIENT AGREEMENT**

*Please let me know if you have any questions about anything on this form.*

**TRIM-LIFE and Clean Break Individual Program**

It is important for you, the client, to recognize that when you make an appointment, I am reserving that time for you. If you are late, that cuts down on your time. If you miss an appointment, that time could have been scheduled for another client. Therefore, it is necessary for me to charge in full for your appointment if I have not been given twenty four (24) hours notice of cancellation. If you cancel in less than 24 hours, or “no-show” your appointment, you will be responsible for the standard therapy fee of \$125. This policy applies regardless of the reason for your cancellation. If you miss a session, please submit payment on my website via PayPal.

**TRIM-LIFE or Clean Break Group**

If you are participating in a TRIM-LIFE or Clean Break group, please be aware of the limits to confidentiality within a group setting. By signing below, you agree to keep the information you hear as private and confidential, although I am unable to legally require confidentiality from any member of the group. In a TRIM-LIFE or Clean Break group, you will pay for the program prior to its start. Due to the sequential nature of these programs, it is important that you attend every group session or you will not be receiving the program as designed. If you are unable to attend one of the group meetings, I strongly suggest you schedule an individual session (at a fee of \$125) to cover the material that will be missed.

**TRIM-LIFE Support Group**

TRIM-LIFE support groups will occur on the first Tuesday of the month at 6 PM. These groups are included in the group fee for 6 months, and will cost \$20/person ongoing. Please be aware that attending the support group allows for a certain amount of exposure. Members in the group will be aware of your participation in the TRIM-LIFE program and therapeutic relationship with Jasmine Kammerer/Yellow Arrow Consulting LLC.

**Cancellation Policy**

There is a non-refundable deposit of \$100 to begin each program to reserve your spot and pay for materials. Please pay this deposit via the PayPal link on my website, prior to our first session. During the first session, you may request to discontinue the program. You must confirm prior to

the end of the first session if this is your decision. After the first session has concluded, there will be no refunds.

**Agreement not to share TRIM-LIFE or Clean Break**

I understand that the TRIM-LIFE and Clean Break programs are copyrighted and trademarked, and remain the exclusive intellectual property of The Wellness Institute. I agree not to give the materials from this class to anyone, also because they would not be helpful without the actual full experience of the class.

**Fees**

Standard therapy (@ 50 min. sessions)	<b>\$125</b>
Standard Hypnotherapy Session (@ 80 min. sessions)	<b>\$165</b>
TRIM-LIFE (Group)	<b>\$699</b>
TRIM-LIFE (Individual)	<b>\$850</b>
Clean Break	<b>\$425</b>

**Client Consent**

I have read and I understand Jasmine Kammerer/Yellow Arrow Consulting, LLC's *TRIM-LIFE and Clean Break Policies, and Client Agreement*. I have asked any questions that I had about this statement and about statements regarding fees and payment policies. I understand and agree to the description of confidentiality and its exceptions as stated above. I agree not to share the TRIM-LIFE or Clean Break materials with anyone. My signature below indicates that I have received a copy of this Agreement. (For clients under the age of 13, consent must be given and this form must be signed by a parent or legal guardian.)

\_\_\_\_\_  
Client name (please print)

\_\_\_\_\_  
Client signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/guardian signature (see above)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Jasmine Kammerer/Yellow Arrow Consulting LLC  
MC 60503424

\_\_\_\_\_  
Date