

Kassandra Rosado Advisory Practice

What I Can do for you and What I Promise:

- I will always respect your boundaries
- I will never judge you, insult you, or pressure you into doing anything you don't want to do
- I will do my best to understand your point of view
- I will be patient in your healing and respect your pace
- I will disclose any appropriate information you want to hear about me
- I will keep a file on you so I always remember the things most important to you that you tell me
- I will NEVER make sexual advances towards you
- I will keep a strict confidentiality agreement.
- I will do my best to give you the best appropriate guidance.
- I promise to always have your best interest at heart.
- I'm here to make you as comfortable as possible so you can express yourself
- I know how to learn what people want.
- I know how to discover the obvious as well as hidden obstacles in your way.
- I know tools to help clients get past obstacles and move freely towards your goals.
- I understand common human motivations.
- I possess the right tools and techniques to help clients fill in missing gaps in their ability to self-motivate.

What do I believe in? How do I conduct my sessions?

- I do believe in a higher power and that we all have an inner power inside of us all we should honor
- I'm very philosophy based and lean towards an empathetic coaching style over traditional psychological therapies.
- I do strongly believe our biggest traumas stem from societal pressures, childhood and abuse
- I believe in creating different perspectives to trigger hidden memories and breakthroughs
- I believe intrusive thoughts are normal as long as you don't act on them
- I am a rape survivor and understand the mental darkness it creates and how it affects us in relationships and friendships
- I break bad behavioral habits. I push you to get out of the box and live life with courage.
- I believe nobody is responsible for our unhappiness but ourselves regardless of trauma.
- I believe nobody is bad, we are all just damaged in different ways, some more severely than others
- I believe if you don't control bad thoughts and behaviors things will only get more destructive.
- I believe living in your past will only rob you of your future.
- I have very strong opinions that I use to help you find your confidence and identity.

This isn't for you if:

- You aren't committed to healing
- If you don't accept guidance and advice well
- If you aren't willing to put yourself first
- If you aren't open to seeing things from other perspectives.
- If you are in denial of your issues and don't want to dive deep into yourself
- You refuse to open up about what you're dealing with
- If you have no desire to work towards solutions
- You're not interested in practicing new skills
- You are not open minded to new ideas and techniques
- You aren't honest with your emotions
- You think you are better than others
- You make excuses for your mistakes

I will not allow:

- Disrespect
- Physical violence or verbal attacks
- Unhealthy dependency
- Sexual Advances

I _____ understand that Cassandra Rosado is not a certified therapist, counselor or psychologist and all information given to me is at my own discretion and risk. If at any time I become unsatisfied with her work, I do not hold any advice or discussions legally binding and cannot use any of the information as evidence against Cassandra Rosado or The Public Society of Humanity in court unless she threatens or harms me in any way. I understand that I am entitled to a refund of my last session price if I ever become unsatisfied with her work. I understand I am free to not continue services with Cassandra Rosado at any time under any condition without any repercussions to myself. I understand there are multiple professional treatment services available to me in the psychiatric community and Cassandra Rosado encourages me to seek out all and any treatment needed for my progress. I understand I may or may not be video/audio recorded for quality and safety purposes which will be disclosed prior to any sessions. I understand If I become unwilling to commit to my duties and become a severe threat to myself or others, Cassandra Rosado has the right to refuse treatment and may contact the proper authorities and/or suggest an alternative treatment method for my own safety and mental health progression. I understand and will respect the rules and boundaries stated above when in session with Cassandra Rosado.

Sign Here: X _____ Date: _____