

## **Frequently Asked Questions:**

### ***What should I wear for a treatment session?***

CST is performed on the clothed body so please wear loose warm clothing. You may be asked to remove anything too bulky or a stiff belt.

### ***How long do sessions last?***

Initial appointments usually last slightly over an hour. Follow ups usually last an hour for adults and 1/2 hour for babies and young children. Some patients prefer a longer session and chose to book an hour and a half.

### ***Can I combine a treatment with a mentoring session or asking for medical advice?***

Mentoring sessions last up to one hour but clients may book for an hour and a half if they wish to combine this with a CranioSacral treatment. If you have complex medical issues you wish to discuss we may chose to shorten the time spent 'on the table' at the first appointment.

### ***What if I need to bring my other children to an appointment?***

For an adult session it is ideal to attend without your children although there are children's DVDs to watch in the waiting area. If you are bringing a baby or child for a treatment it is often beneficial for other family members to attend so do not worry if you don't have childcare for siblings.

### ***What is the difference between CranioSacral Therapy(CST) and SomatoEmotional Release(SER)?***

CST is the term used to describe the 'hands on treatment'. SER is the process of attending to emotional issues that arise during a treatment.

## **Confidentiality:**

All information shared with Dr Harrison is fully confidential. Records are not computerised. Please see the GDPR information at the end of the General Health Questionnaire.

## **Terms & Conditions:**

Patients are expected to attend appointments on time and give 24 hours' notice if they need to change or cancel. In the rare case of Dr Harrison needing to cancel an appointment she will give a minimum of 24 hours notice.

## **Prices:**

Initial appointments cost £60 for adults and £50 for children, Follow-ups cost £55 for adults (one hour) and £35 for children (half hour). Some patients prefer to arrange one and a half hour follow ups at £80. If you need help but are unable to meet the full cost please let Dr Harrison know as it may be possible to negotiate a lower rate.