



**Kuno Bachbauer, MD**

CoreConstellations Center  
1107 Nelson Street, Suite #204  
Rockville, MD 20850

**Individual Sessions**  
**Process Groups**  
**Workshops**  
**Supervision**

**VERSION: DECEMBER 2013**

## **NEW CLIENT INFORMATION**

This paper is intended to introduce my Core Energetics clients to my office procedures.

Contracts between a client and a practitioner are customary and necessary. Ground rules are usually discussed in the initial meeting when entering a personal growth modality. An enormous amount of information is exchanged during the initial interview and many of the verbal agreements are not clearly understood and often forgotten. This is the reason why I have put this in writing.

Core Energetics sessions will be a huge investment of your time, money and personal energy. The following practice guidelines will make sure that we both are comfortable working together. Working with agreements - and being held to them - is an essential tool for developing awareness, self-responsibility and personal growth. This will ensure your safety, and that you get the greatest value from your sessions.

Please sign your name under the INFORMED CONSENT form to indicate that you have read the following information and as evidence that you understand and agree to the particular FORMAT AND LIMITATIONS of this process. If you have any difficulties understanding any of the items mentioned in the following pages, please notify me in the next session.

I am delighted to have you as a client and look forward to serving you!

Sincerely,

Kuno Bachbauer

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CoreConstellations Center  
1107 Nelson Street, Suite #204  
Rockville, MD 20850  
301-762-5866

## **Vision Statement**

**THE TARGET GROUP:** As a practitioner of Core Energetics, I will be a facilitator and teacher in your personal growth process. I work in this way with individuals, couples and groups.

**THE GOAL:** The goal of our work together is to allow the client to have the experience of full contact with his /her own life force – body, emotions, mind, will and spirit. A sense of authorship of one’s life, personal freedom, and the ability to be open and to tolerate complex and difficult feelings may result. **Please note** that emotional imbalances, life struggles, or any physical condition a client come to resolve **MAY OR MAY NOT** change or disappear as a result of our work.

**THE METHOD:** Core Energetics is a body-centered emotional learning modality, originally conceived by psychiatrist John Pierrakos, M.D. It utilizes concepts of energy, consciousness, intention and inspiration. This approach often evokes intense and transformational bodily experiences through powerful physical, emotional and spiritual exercises.

**SPIRITUAL WORK:** Core Energetics methods are guided by a modern understanding of body-centered emotional process work, mindfulness and appropriate mind-body interventions. The spiritual foundation of this work is provided by a series of inspirational lectures by Eva Pierrakos. These lectures describe the relationship between the spiritual and psychological dimension of a person (**The Pathwork Lectures**).

**DIVERSITY:** My work aims to be non-denominational, non-sectarian, diverse, and inclusive concerning age, race, gender, personal ability, social status, economic class and sexual orientation.

**Kuno Bachbauer, CCEP**

# Scope of Practice Statement

## CORE ENERGETICS - INDIVIDUAL SESSIONS, PROCESS GROUPS, WORKSHOPS

Core Energetics is directed towards improving the emotional, mental, physical and spiritual wellbeing of a person. An important aspect of Core Energetics involves work with the body. The Core Energetics process facilitates awareness of how one's body, mind, emotions and spirituality are interconnected. The Core Energetics practitioner assists in working with the bodily expressions of the client's emotional life.

- ✓ The client will be assisted in the release of feelings that may be held in chronically tense muscles ("armoring") by bringing awareness to these areas; for example, by applying massage-type pressure on the jaw or shoulders. The client also will learn methods of expressing anger directly by striking pillows with a tennis racket or kicking into a mat. ☐
- ✓ It is understood that the client needs the intention to follow suggestions for physical activities that have been explained and seem reasonable and appropriate to the healing process. To this end, the client needs to give permission for his/her body to be viewed and touched. ☐
- ✓ Examples of bodywork could be: non-sexual touch in the form of active or assisted stretches, breath work, and various techniques of massage aimed at helping to get in contact with one's emotions. ☐
- ✓ Any intervention involving the body will always be with the client's explicit permission. Exercises will be suggested only when clinically appropriate and with individual boundaries and personal safety in mind. ☐
- ✓ Note: You may refuse any intervention at any time. (Say: **STOP!**) ☐

- ✓ For deepening my understanding of the Core Energetics process I am advised to read the books suggested in the enclosed reading list (please see page #10). When appropriate, certain exercises or homework will be recommended.

## **LIMITATIONS of PRACTICE:**

- The scope of this practice is limited primarily to mind-body **LIFE COACHING** concerning the personal growth and spiritual development of the client.
- It is NOT a MEDICAL treatment.
- Core Energetics work does not constitute a traditional medical treatment, psychotherapy, clinical psychology, or counseling psychotherapy. It is NOT intended to replace it!
- Clinical judgment may make it occasionally necessary to refer certain clients to an appropriate medical specialist, a nutritionist, a psychiatrist, or recommend a residential treatment facility, drug rehabilitation, etc. Clients may be asked to sign a Confidentiality Agreement to handle the necessary information exchange.

Please check & initial  \_\_\_\_\_

# GENERAL PRACTICE INFORMATION

The GENERAL PRACTICE INFORMATION is written specifically for individual clients. However, this information also applies for members of Process Groups & Weekend Workshops in most aspects. Please be aware that there are additional items of information specifically for process groups, and/or workshops. They will be explained to you during the acceptance interview and/or at the beginning of the group process, event or workshop.

## Attendance Contract

- Individual sessions: Clients agree to attend all scheduled sessions with the best intention to work. Typically, the arrangement is for weekly 50 minutes sessions at a regular time and location. Initially, a certain amount of trial sessions (typically 3, sometimes 10) is set up. After this period the progress is reviewed and a reasonable long-term plan is established. (Usually, for at least a year, realistically it takes longer.)

## Cancellation Policy

- Making an appointment for an individual session is a mutual contract between client and therapist. It reserves a certain amount of time at a given date, usually on a weekly basis, for a set fee. This time will be held for the client exclusively unless it is cancelled in advance. The client is personally and financially responsible for keeping the appointment.

I agree to the following cancellation policy:

- a) A minimum of 24 HOURS NOTICE OF CANCELLATION is required.
- b) Cancellations with less than full 24 hours notice, or failure to show up for a scheduled session for any reason (except snow emergencies, storms, etc.) will be charged the full session fee.

⇒ Notice:

SECOND CANCELLATION: If an appointment that already has been re-scheduled one time before it is cancelled again for any reason, the full fee for that second time will be charged.

## Inclement Weather Policy

- During a snow emergency, ice storm, flood or other catastrophic environmental events the 24-hour cancellation policy is waived. It is left to personal judgment whether it is safe to travel to the office in those circumstances. Please check the Totally Alive! Core Energetics Center answering service at 301-578-8643 if in doubt.

## Termination Protocol

- Both, the client or the practitioner may terminate their contract at any time that they wish. However, both agree to give the other notice of at least two consecutive sessions.
- Please inform the therapist in person during a session hour about the intention to terminate the treatment. In this session we will work on understanding the inner reasons for this decision. After giving initial notice, the client agrees to schedule one more session for the final closing process of the therapeutic relationship. (Note: Termination over the telephone, by fax, e-mail, etc. is not acceptable.)

## Scheduling Sessions & Payment

- The client agrees to make payments, discuss schedule changes and other practical issues at the onset of the session.
- All sessions are fee-for-service. Payment is in cash (exact change) or check on the day of service. There is no provision for bartering services, third party payments or delayed payments. Returned checks require the reimbursement of any bank penalties.
- There will be a scheduled yearly rate increase. (Usually in the fall, approximately \$10.-)

## Telephone Contact, Internet @ Skype

- Most client-practitioner issues are best hadled in person. Telephone contact is reserved only for emergencies, for urgent personal matters, and to change or arrange appointments. If you have a very **URGENT MATTER** please leave a detailed telephone message but **ALSO send an email** ([KunoBAlive@AOL.com](mailto:KunoBAlive@AOL.com)) to alert me.
- Interactions which are not urgent (inquiries, referrals, etc.) should be handled during the next session time. Telephone calls which go beyond a reasonable amount of time (5-10 minutes max.) will be billed to clients in 10-minute increments based on the standard session fee.
- Extended calls to other practitioners, clinical correspondence etc. on a client's behalf may also be billed incrementally.
- Telephone or SKYPE sessions are available only to persons out of town or during an illness, emergency, etc.

## Internet Contact

- I do NOT check my E-mail regularly, or reliably, or answer it immediately!
- Please, conduct any URGENT BUSINESS (emergencies or cancellations) via TELEPHONE, only. E-mail is accepted only as a secondary means of communication, when time is not a factor.

## Combining Core Energetics with other Modalities

- Combining various helping modalities can sometimes work against the best interest of a client! I request that you inform me about any current counseling relationship you have and when you have plans to participate concurrently in another one-to-one counseling or healing modality, therapy group or personal growth workshop.

## Confidentiality

- The identity of a client and the content of the work in sessions and groups will be mutually regarded as strictly confidential. Exchange of information with other professionals will be handled according to strict rules guiding these exchanges and only with your written permission.

**Note:** By law, the following occurrences are excluded from this confidentiality rule and must be reported immediately to the proper authorities: homicide, incest, child abuse, and imminent danger of suicide or homicide.

- For the exclusive use of clinical evaluation or supervision (a form of quality control for therapeutic work) I may eventually utilize photography and audio/video recordings. The photos or tapes will be used exclusively in a confidential context and taken only when otherwise appropriate, necessary, and with the explicit prior permission of the client.

## Safety Regulations

- Core Energetics may invoke strong emotions. Clients will be instructed in the use of proper methods to express strong feelings and effective self-care. Everyone working with me is required to adhere to the regulations below.
- The client agrees to not physically harm him/herself, other people or the physical environment of the treatment room. Even though this work is designed to allow a large amount of personal freedom and expression, the client will be held fully responsible for his/her behavior and any undue damages that may cause.
- Please inform me in advance about plans to participate in any psychotherapy, individual sessions or groups. (Some of the various modalities might be clinically not compatible or counter-productive at that stage of the treatment.) This includes also any movement therapy, bodywork, any experiential or emotional release work or therapy/ training /growth seminars.
- The client is asked to update the therapist about any:
  1. **changes of address**
  2. **changes of phone numbers**
  3. **changes of current health status**

For **SAFETY REASONS** it is important to be informed about:

- ✓ any **contagious infections** (i.e. colds, HIV & AIDS, Tuberculosis, hepatitis, etc.)
- ✓ any **acute illnesses** (i.e. infections, heart- and circulatory problems, etc.),
- ✓ **recent surgery** and other invasive medical procedures
- ✓ any **recent medical** or **psychiatric treatment**, or hospitalization
- ✓ **pregnancy** or current **fertility treatment**,
- ✓ **Prescription changes** in psychoactive drugs and other medications, which might have side effects, mind-altering or mood-changing properties (i.e. antidepressants, mood-stabilizers) or change the level of sensitivity (pain medication etc.) and thus affect the work.



**Note:** For safety reasons, clients who show up for a session / group under the influence of alcohol or any other "recreational" drugs will not be admitted to their session. However, they will be fully charged for the missed time.

## Dress Code & Hygiene

- To do body-centered work you need to wear loose-fitting clothing. It is suggested for men to bring shorts & T-shirts and for women to wear some exercise outfit, spandex suits, a leotard or a modest two-piece bathing suit. There are changing facilities on premises.
  
- You may sweat. For better hygiene: Bring your own towel!
  
- It is helpful not to wear jewelry and eye make up (mascara) during the session.

## Ethical Considerations

- I am a clinical member of the USABP (United States Association of Body-Psychotherapists) and thus my practice is bound to the full ethical code of this professional organization. ([www.usabp.org](http://www.usabp.org))
  
- Ethical considerations are guiding the professional relationship with current (and even with former!) clients.

Please understand that it is usually NOT APPROPRIATE for therapists to:

- 1) accept personal gifts of value,
- 2) conduct private business deals, barter for services or other exchanges, etc.
- 3) have extensive social relationships, personal friendships, etc.

..... with a client (or, their dependents, close friends, or business partners) outside of the defined framework and customary boundaries of the Core Energetics session.

If you are suspecting a conflict that may come from **intersecting relationships** outside of the session room, please, bring it up in session as soon as you are aware of it. (Example: Therapist is best friends with a close relative or boss.)

**NOTES: CONCERNS & QUESTIONS (Bring to next session)**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

# SUGGESTED READINGS

## Introductory Readings:

**The Undefended Self** by Susan Thesenga \*\*\*\*\*

(Practical applications of pathwork principles in form of case histories)  
order from: SevenOaks bookstore: 1-540-948-5206 or internet

**Love, Eros & Sexuality** by John Pierrakos, MD \*\*\*\*\*

(Good overview & simple introduction to Core Energetics, by the founder of Core Energetics)  
order from: LifeRhytm (publisher) 707-937-1825 or SevenOaks bookstore: 1-540-948-5206

**Fear No Evil** by Eva Pierrakos and Donovan Thesenga \*\*\*

(Basic pathwork principles essential for Core Energetics work)  
order from: SevenOaks bookstore: 1-540-948-5206 or internet

**The Way to Vibrant Health** by Alexander Lowen, MD \*\*\*

(Manual of bioenergetic exercises for home use) order from internet

## **Flexing the Body:**

### CORE ENERGETICS VIDEO:

**Say Yes to Life!** by Pam Chubbuck, PhD., (2-tape series) \*\*\*

(A beautiful series of effective Core Energetics exercises for home use, featuring nurturing and expressive exercises.) Available through Pam Chubbuck: 770-4

### **Knowledge is Power!**

The books marked with \*\*\*\*\* are recommended to start with for new clients. The rest of the literature may be too technical for beginners.

Integrating this information in your personal work will speed up your process. It will help build an intellectual, psychological, and spiritual foundation for our sessions!

**CoreTV:** Cable TV show series, covers many interesting Core Energetics topics with various senior Core Energetics Faculty produced by Michael Atkies 203-438-9526 or [mantkies@antkies.com](mailto:mantkies@antkies.com) (see Catalogue)

## Further Readings...

(= more technical language, more difficult to read, for clinical application...)

**Core Energetics** by John Pierrakos, MD (A very profound, but difficult read! Mostly for professionals.) order from: LifeRhythm (publisher) 707-937-1825 or SevenOaks bookstore: 1-540-948-5206

**The Psychology of the Body** by Elliot Greene & Barbara Goodrich-Dunn An excellent introduction to Body-Psychotherapy methods. Written for massage practitioners, it is comprehensive and easy to understand. Includes great easy-to – follow sections on character structures, boundaries, psychological defenses & armoring

**Selected "Pathwork Lectures"** by Eva Pierrakos Download from internet (FREE! 135 lectures!!!) Google: PATHWORK. Also: SevenOaks bookstore: 1-540-948-5206

**Bioenergetics** a good overview on body-centered therapy, **The Language of the Body**, **Depression**, **Joy**, and many related topics by Alexander Lowen, MD

**Emotional Anatomy** by Stanley Keleman, Ph.D. An introduction to Body-Psychotherapy methods & theory.

**Hands of Light** by Barbara Brennan (selected chapters) & **Light Emerging** by Barbara Brennan (selected chapters)

**Hakomi** by Ron Kurtz & **The Body Reveals** by Ron Kurtz and Hector Prestera.

**Wilhelm Reich**: The father of all body-psychotherapy and a genius in many fields of knowledge. Read any of his many books (=very technical) or, one of the biographies (= much easier!);

**Fury On Earth** by Myron Sharaff, MD Suggested Reich Biography. Reads like a novel.

⇒ Most books can be ordered through Borders Books or Barnes & Nobles and on the Internet.

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**CLIENT NAME:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**Signed and accepted by Client!**

**Informed Consent CLIENT COPY → Please keep on file!**

KUNO BACHBAUER, C.C.E.P.

**Informed Consent**

I, Kuno Bachbauer, M.D., am a practitioner of Core Energetics. I see my role in this work as a facilitator of personal development and as a mind-body educator. A vital aspect of this process is based on established principles and techniques of body-psychotherapy.

I want you to be clear that I do not claim to "heal" or cure anything, nor are any of the interventions in sessions or workshops with me intended as a traditional medical, psychological or psychiatric intervention, or their replacement.

I hold an academic medical degree (M.D.) from the Medical School of the University of Vienna, Austria (1978). This academic medical degree is not directly reciprocal in the USA. I am therefore not licensed to work as a physician in the USA. For this reason, you will not be able to submit claims with your health insurance and I will not be legally able or willing to give medical advice or perform any allopathic medical diagnosis, prescription or other clinical intervention.

I understand and agree: \_\_\_\_\_

A handout called GENERAL PRACTICE INFORMATION will be given to you. Thank you for taking the time and making the effort to carefully read it! Received:  \_\_\_\_\_

If you understand and are in full agreement with the content of this statement and understand the GENERAL PRACTICE INFORMATION (pages 1-9) please sign below. If you have any questions please bring them to the next meeting!

Individual sessions  Couples work  Process Group/Workshop  Supervision

Trial period: Number of individual sessions: \_\_\_\_ Long-term contract: \_\_\_\_\_

Client: (Spell name) \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I am looking forward to working with you and promise to do my very best to deserve your trust!

**SIGNED OFFICE COPY – Please sign and return!**

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**CLIENT NAME:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**Signed and accepted by Client!**

**Informed Consent** **OFFICE COPY** – Please sign and return!

KUNO BACHBAUER, C.C.E.P.

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Client: (Spell name) \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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