

ETHICS & SAFETY

Therapeutic Charter

A commitment to safety, depth, and embodied truth.

This charter names the therapeutic orientation behind Wild Hearts spaces. It exists to protect what matters most: safety, dignity, consent, embodied truth, and the capacity to meet life more fully.

01 This work is grounded, not performative

I do not offer fixes, promises, or shortcuts.

What I offer is presence, skill, and a deep respect for the complexity of being human.

Therapy, coaching, and guidance are not about becoming someone else - they are about meeting what is already here, with honesty and care.

02 The body is central

I work from the understanding that the body carries memory, intelligence, and truth - and that it speaks for the heart.

All sessions are guided by your nervous system, your pace, and your embodied signals.

Nothing is forced. Nothing is bypassed.

03 Safety comes before intensity

Depth without safety is not healing - it is reenactment.

I am committed to creating a container where emotional intensity is met with grounding, clarity, and consent.

This work is trauma-informed, paced, and responsive to what your system can integrate.

You remain sovereign at all times.

04 Consent, boundaries, and clarity are non-negotiable

Clear agreements, respectful boundaries, and ongoing consent are foundational to my work.

You are always free to pause, question, slow down, or say no.

True depth only emerges where dignity is protected.

05 I work within a professional and relational network

I am part of a small therapeutic and professional network that supports reflection, accountability, and safety.

This network exists to ensure appropriate follow-up, ethical clarity, and support when deeper processes are unfolding.

You are not held by me alone - the work is held with care.

06 This is not advice-giving - it is relational work

I do not position myself as an authority over your life.

I walk beside you - offering reflection, challenge, structure, and presence - while respecting your autonomy and inner wisdom.

You remain the expert of your lived experience.

07 Shadows are welcome, not pathologised

Emotions, impulses, contradictions, and inner conflicts are approached with curiosity, not judgment.

Nothing human is excluded here.

We work with what is difficult, messy, or uncomfortable - without making you wrong for it.

08 Nature is an ally, not a tool

When work takes place in nature, it is not used as an escape or aesthetic backdrop.

Nature is approached as a regulating, honest, and grounding presence - one that mirrors and supports inner processes.

09 This work asks for responsibility - from both of us

I commit to showing up with integrity, presence, and ongoing self-reflection.

I also ask that you take responsibility for your engagement, your limits, and your integration outside of sessions.

Transformation is a shared responsibility.

10 Humility is essential

I do not claim to know what is best for you.

I stay curious, learning, and in dialogue with the work itself.

If something does not feel right, we speak about it.

This charter exists to protect what matters most: your safety, your dignity, and your capacity to meet life more fully.

This work is not about becoming "better." It is about becoming more real - in the body, in relationship, and in the world.