

# Practice for Self Encounter

Ilona Masurka Chebaani

---

## Information and Requirement for an loPT online work

Thank you for your interest and welcome to my practice for self-encounter. Before our first appointment, I would like to give you some information about my work and my offer.

With a Self-Encounter based on identity-oriented psychotrauma therapy and theory (loPT), unconscious inner psychological parts can be made visible and tangible to the outside world. The process enables the person making the request to come into contact with himself/herself and his/her split-off feelings. Usually the feelings are based on old trauma experiences. These experiences can be experienced intensely in the self-encounter and set a process in motion.

## Requirement for an loPT online Self Encounter via Zoom with me:

Participation requires normal mental resilience. I only work with people who can take full responsibility for themselves, have the desire and are ready to deal with themselves.

This also means that you are responsible for further individual support/ accompaniment if this becomes necessary due to intensive processes. Please ensure that you receive psychological support in form of personal psychotherapy, supervision or other appropriate help. After a self-encounter via zoom or in my practice, you have the opportunity to share your self-encounter experience with me via email.

If you have any questions in this regard or have no personal experience with an loPT work, please arrange a consultation with me in advance.

## Technical requirements:

The technical requirement is a stable internet connection and a PC or laptop with a microphone and camera. It is necessary that you attend the meeting with the camera on. For reasons of confidentiality, please ensure that you are alone in the room during the meetings. Any recording during the online self-encounter is not permitted.

Please note, that any communication via the internet, including via cameras, carries risks in terms of confidentiality and data security and I decline any liability in the event of misuse. I will send you further information on the use and installation of Zoom as well as the invitation link via email shortly before the online appointment.

Please note that agreed consultation or installation appointments must be canceled at least 24 hours in advance. Otherwise these will be billed. Further information about myself and my work as well as the individual conditions can be found on my website [www.ilonachebaani.com](http://www.ilonachebaani.com) or send me a message at [ilonachebaani@gmx.net](mailto:ilonachebaani@gmx.net).

With my signature I confirm that I have read the content and agree to it.

**First and last name:**

**Signature:**

**Date:**

-----

-----

-----