



BODYMIND THERAPY

Bodymind Therapy Contract

In Bodymind Therapy, we use a SMART contract to set clear therapy goals and define the framework of our sessions.

Content-Based Contract

This type of contract outlines specific issues and behaviors to address. You can broadly outline general improvements, such as “work towards becoming more assertive in my job,” or be highly detailed, and specific, such as “manage responses to stress in the workplace by utilizing specific coping techniques.”

SMART Criteria

To ensure this contract is effective, goals should meet the following SMART criteria:

- **Specific:** Set specific goals. E.g.: “express anger directly when feeling undermined at work.”
- **Measurable:** Establish criteria to track your progress. For example, “increase instances of clearly expressing needs in personal relationships from once a month to once a week.”
- **Achievable and Positive:** Goals should be realistic and positively framed. E.g.: instead of “stop being passive in meetings,” a more achievable and positive goal would be “actively contribute at least two ideas in each weekly meeting.”
- **Relevant:** Each goal should directly address your personal development needs. E.g.: “enhance emotional articulation skills to improve interpersonal relationships.”
- **Time-bound:** Goals should have a clear timeframe. E.g.: “reduce instances of workplace anxiety by 30% within next six months.”

Goal Setting Areas

Write down and prioritize 5 goals in the following areas within your therapy contract:

Intrapersonal Goals: Focus on self-awareness, self-regulation, and personal growth. E.g.: developing self-confidence, managing emotions, improving self-discipline.

1.
2.
3.
4.
5.

Interpersonal Goals: Concentrate on improving relationships and communication skills. E.g: improving listening skills, expressing empathy, resolving conflicts.

- 1. 4.
- 2. 5.
- 3.

Transpersonal/Existential Goals: Relate to broader life purposes and spiritual fulfillment. E.g.: finding meaning in life, contributing to the community, exploring spiritual beliefs.

- 1. 4.
- 2. 5.
- 3.

Annual Review & Goal Actualization

An annual review will assess progress towards your goals and make necessary adjustments to the therapy plan, ensuring it stays aligned with your evolving personal and professional circumstances.

Additional Clauses

Planning Condition: To organize your treatment effectively, please book all appointments for the upcoming month by month's end, and no later than the 1st of the following month.

Pause or Break Clause: If needed, you can request a pause or break in therapy sessions. Just provide a written reason, which will be reviewed to adjust the therapeutic approach as necessary.

Anti-Suicide Clause: If you express suicidal thoughts or intentions, it's essential to discuss these feelings in the next available session. Immediate action will be taken to ensure your safety, which may involve modifying the therapeutic approach or involving other health professionals.

Contract Conclusion

This SMART contract ensures clarity in goals and processes, leading to successful therapy outcomes. Let's work together on your therapy journey!

Your Signature: Date:

Therapist Signature (Enrico): Date: