

Rachel Dixon Health
Registered Address:
7 Kingsley Grove, Reigate, Surrey, RH2 8DU

Terms of Engagement for Naturopathic Practitioners

A. General Information and Professional Scope

Naturopathic health coaching

Naturopathic Health coaching is a complementary approach that supports health and wellbeing through personalised, holistic care. Practitioners use a range of tools to explore lifestyle, nutrition, emotional wellbeing, and health history in order to identify patterns or imbalances that may be contributing to a client's concerns. The approach is personalised, as practitioners consider each individual to be unique, recommending bespoke [nutrition and lifestyle] programmes rather than a 'one size fits all' approach.

Recommendations are tailored to the individual and may include lifestyle guidance, coaching strategies, or other complementary approaches appropriate to the practitioner's training and scope.

Naturopathy is recognised as a complementary medicine. Consultations with Rachel Dixon Health include taking a detailed case history, empowering a client to manage strategies for healthy lifestyle and behaviour change, co creating health and wellness goals, and following up on results and progression.

B. Limitations, Risks, and Referrals

1. **Non-Medical Practice:** Naturopathic Health Coaching is practiced by non-medical professionals and is complementary to other regulated forms of healthcare in England.
2. **Diagnosis and Treatment:** Naturopathic Health coach practitioners do not diagnose medical conditions or claim to treat disease. Any support provided is complementary in nature and focused on wellbeing, lifestyle, and self-care. In addition, they do not recommend nutritional supplements such as vitamins, minerals, herbs or nutraceuticals or order or interpret diagnostic tests.
3. **Medical Advice:** Naturopathic Health Coach recommendations are not a substitute for professional medical advice and/or treatment. Naturopathic Health Coach practitioners do not recommend their services as a replacement for medical advice.
4. **Referrals:** Naturopathic health coach practitioners will always refer any client with serious signs or symptoms that fall out of the scope of safe complementary practice ('red flags') to their medical professional. Rachel Dixon Health reserves the right to determine which cases fall outside their scope of practice, in which event an appropriate referral will be recommended.
5. **Efficacy and Risk:** No claim is made as to the efficacy of any Naturopathic Health Coach protocol. The degree of benefit obtainable may vary between clients with similar health problems. While the best course of action is continually sought, there always exists the possibility of side effects, adverse reactions, or inefficacy of treatment.
6. **Safety:** Rachel Dixon Health holds your safety and well-being as their top priority in the management of your case.

C. Practitioner Responsibilities

1. **Intervention:** Rachel Dixon Health will strive to deliver the safest and most effective interventions for your case.
2. **Collaboration:** Naturopathic Health Coaches frequently work alongside medical professionals and will communicate with other healthcare professionals involved in the client's care to explain any programme that has been provided.
3. **Scope:** Rachel Dixon Health reserves the right to determine which cases fall outside their scope of practice, in which event an appropriate referral will be recommended. Rachel Dixon Health will make it clear if he or she intends to step outside the boundary of the consultation covered by this document.
4. **Governance:** Standards of professional practice in Naturopathy are governed by the General Naturopathic Council (GNC).
5. **Insurance Statement:** Rachel Dixon Health is insured for professional liability and malpractice with Balens insurance
6. **Record Retention Period:** Client records are retained securely for 7 years following the last consultation, in line with GNC and GDPR requirements.
7. **Complaints Procedure:** If you wish to make a complaint, please contact Rachel Dixon Health. If unresolved, you may contact my professional association, The Association of Naturopathic Practitioners (ANP) for further guidance.

D. Client Responsibilities (The Client understands and agrees)

1. **Medical Disclosure:** I will inform Rachel Dixon Health of all medical conditions I have been diagnosed with, symptoms I am experiencing, and medications I am taking/ have taken in the past. I must inform them of any new medical conditions or symptoms or medications should they arise. Providing full details of diagnosed medical conditions and medications is crucial, as this may affect the nutritional programme.
2. **Pregnancy/Breastfeeding:** I will inform Rachel Dixon Health immediately if I am pregnant or breastfeeding, or if I plan to become pregnant or begin breastfeeding.
3. **Communication with Medical Professionals:** I am responsible for contacting my GP about any health concerns.
4. **Prescribed Treatments:** I am not to alter or discontinue treatments prescribed by a licensed health professional without consulting the individual who prescribed the treatment.
5. **Understanding and Compliance:**
 - a. I will inform Rachel Dixon Health if I do not understand any given part of the recommendations or if I am uncomfortable with any aspect of my care. The suitability of the advice depends on the accuracy of how I answer questions during the consultation and complete the questionnaire. Responsibility cannot be accepted if important information is withheld or in cases of non-compliance.

- b. I understand that the recommendations are personal to you and may not be appropriate for others.

E. Fees, Payment, and Cancellation Policy

1. Fee Schedule; I understand Rachel Dixon Health's fee and prices schedule.
2. Consultation Fees:
12-week support schedule; £245.00
Consists of: Free 10-minute discovery call
£70 initial session payable after discovery call to secure first appointment
5 x 30-minute sessions £35 each
3. Cancellation Policy: You may cancel or reschedule any appointment but should try to give more than 48 hours' notice. If you cancel with less than 48 hours' notice, you will be charged the full consultation fee.

F. Confidentiality and Data Protection (GDPR)

1. Confidentiality: All the information I provide to Rachel Dixon Health is protected by General Data Protection Regulations (GDPR) and is confidential unless disclosure is required by law. Rachel Dixon Health will keep your personal information confidential and secure following the GDPR guidelines.
2. Case Reports: My case information may be used for the publication of case reports or case studies. Any information concerning my identity will be excluded from publication, thus maintaining my anonymity.
3. Disclosure for Harm: Rachel Dixon Health will not share your information with third parties without your consent. However, if there is a belief that there is a risk of significant harm to yourself or another person, the information may be passed onto an appropriate authority using the legal basis of vital interest.