



Harner Shamanic Counseling (HSC) is a method that can help you reclaim your spiritual autonomy by teaching you to seek learning, guidance, and insight directly from spiritual sources. You are in charge of your spiritual path. Through many means and tools, you can have access to information and guidance – no intermediary required.

HSC is one way, a *learning process*, to enable you to seek out and learn from direct communication with benign, helpful teachers in non-ordinary reality. It is a spiritual method, a system of shamanic counseling that follows the ancient principles of core shamanism, not of psychology or of other Western systems.

It is a problem-solving system for discovering your own spiritual power and the wisdom to deal successfully with daily life. It is not psychotherapy or medical treatment.

Unlike other shamanic practices in which a shaman journeys on your behalf, you become a practitioner of divinatory shamanism, with the help and guidance (in ordinary reality) of the shamanic counselor.

According to HSC, the real shamanic counselors are in nonordinary reality. These are sacred Teachers that you spontaneously encounter in your shamanic journeys who provide the nonordinary reality answers to your questions.

In ordinary reality, the HSC practitioner serves as a guide, facilitator, and teacher of the process. He or she does not provide substantive answers, advice or interpretations for you, but provides encouragement and support.

### **The HSC Process**

The process includes several meetings over consecutive weeks - An introductory meeting to clarify the process in further detail, and agree on whether to proceed, and (generally) five journeys, a week apart, to gain information and build skill in the HSC technique. In some cases, more than five journeys are indicated to complete the process.

Like any learning method, HSC is not right for everyone, and so the first meeting is free. If the process works for you, you will:

- Complete several journeys to gain information, and
- Develop the ability to journey on your own as you wish for guidance and information.

Journeying sessions are planned for two hours, but can sometimes be longer. A small investment in materials and equipment is required, which will be explained in the initial meeting.



### Information, Guidelines and Informed Consent

Thank you for your interest in shamanic counseling and welcome to my practice. This document contains important information about my professional services and policies. Please read it carefully and jot down any questions you might have so that we can discuss them. When you sign this document, it will serve as an agreement between us.

#### Qualifications

- I'm a graduate of the Harner Shamanic Counseling program, conducted by the Foundation for Shamanic Studies. I am a Washington State Certified Reiki Master Teacher. I have 30 years experience in Human Resources and adult learning and development including stress management and individual performance coaching. I received my Ed.D. degree from the University of Massachusetts at Amherst, and am certified in the use of the Myers-Briggs Type Indicator, Hogan personality assessment, and other tools for learning and growth.
- While emotional experiences are part of HSC, and we will be discussing deep and personal material, I am not a psychotherapist or a physician. I will provide referrals for anything that seems to require therapeutic or medical treatment, or will suggest you bring those things to the attention of your current physician or counselor.
- While I am not a therapist, I adhere to a similar code of personal and professional ethics as do all HSC practitioners. A copy is available on request.

Harner Shamanic Counseling combines shamanic journeywork with modern technology to allow you autonomy in obtaining answers to questions that are important to you. You will act as your own shaman as you make the journeys into nonordinary reality for information that is personally relevant.

Because the journeys are recorded, the information is yours to access so you can reflect and interpret further, if desired. My role is to provide you with a safe comfortable environment and teach you the process. As well, I will provide you with feedback, as needed.

#### Meetings

We will meet once weekly, during which time you will go through a series of pre-programmed journeys. Please plan on 2 hours per meeting. This allows us time to move through the process appropriately. I will only work with you during these sessions as it is important that I provide you with my full attention. If you need to reschedule an appointment, please call me immediately. We have found the best results occur the journeys are made within one week of the previous one. My telephone number is (425)922-5331.

#### Fees

The fee is \$65 per hour, payable by check or cash at the end of the session.

There is a 10% discount for payment in advance for the full series (expected to take 12 hours, full price \$780. Discount - \$700). The discount would also apply to any additional hours required.

Payment is requested at the end of each session unless we agree otherwise.

**How to Contact Me**

I check my voice mail regularly. You are invited to leave a message for me at any time. I will make every effort to return your call within 24 hour. My telephone number is (425) 922-5331.

**Your Records**

I do not maintain any records of our sessions. In order to contact you during our work together, I do maintain a record of your telephone, mailing address and e-mail. As well, as a matter of practice, I ask for an emergency contact name and number. When we are done, I will erase both your own and your emergency contact’s information at your request.

**Minors**

It is my policy not to accept clients that are under the age of 18, even if they are legally emancipated.

**Confidentiality**

I can only discuss our work with others with your written permission. However, there are a few exceptions. There are some situations in which I am obligated to take action to protect others from harm, even if I have to reveal some information about our work together. For example, if I believe that you may harm yourself or someone else, I must notify the police and your emergency contact. These situations have been rare. If a similar situation occurs, I will make every effort to fully discuss it with you before taking any action.

While it is my intention that this explanation of confidentiality is helpful, it is important that we discuss any questions or concerns that you may have. Please realize that the laws concerning confidentiality can be quite complex and I am not an attorney.

Your signature below indicates that you have read the information in this document and agree to abide by its terms during our professional relationship.

\_\_\_\_\_

Client’s Name

Date

\_\_\_\_\_

Client’s Signature

\_\_\_\_\_

\_\_\_\_\_

Jon Anastasio, Ed.D.

\_\_\_\_\_

Date



## Harner Shamanic Counseling™ Guidelines

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Name \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_ Phone \_\_\_\_\_  
\_\_\_\_\_ Email \_\_\_\_\_

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### About You...

How did you learn about Harner Shamanic Counseling/Northwest Learning and Growth?

How are you feeling physically today?

Please describe any past experience with Shamanism, journey work or pathworking or any form of guided imagery, relaxation training, or biofeedback. How long ago was it? \_\_\_\_\_

I have read and understand the accompanying guidelines and information.

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Signature

Date