



## CUDDLE AGREEMENT

Between cuddle therapist:

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and client:

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(first and last name)

Postal address:

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Date of Birth:

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E-mail:

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Telephone:

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# General Terms and Conditions

## 1. Payment

The costs for the session vary depending on the provider. The prices are made transparent and clearly communicated in advance. The fee for the session must be paid in cash at the beginning of the session if it has not been done digitally in advance. The session usually takes place on the premises of the cuddle therapist. For outside appointments or home visits a fee may be incurred depending on the time spent travelling there and back. This will also be communicated in advance.

## 2. Cancellation

Appointment bookings are binding. Cancellation up to 48 hours before the appointment is free of charge. Between 48 hours and 24 hours before 50% of the agreed costs will be charged. In the event of a cancellation less than 24 hours before the appointment the entire fee for the session must be paid. In the event of cancellation by the client up to 48 hours or 24 hours in advance, any room costs incurred shall be borne by the client in addition to any cancellation fee incurred.

## 3. Rules and regulations

The rules for the cuddle session will be made available to the client digitally in advance and signed at the beginning of the first session. (Of course the cuddle therapist also undertakes to comply with these rules). The cuddle therapist is free to refuse the cuddle session in advance or to cancel it during the session if the rules of the cuddle session are not adhered to. In the event of a breach of the rules there is no refund of the fee. If the session is not carried out or is cancelled by the cuddle therapist for personal reasons the fee will be refunded.

## 4. Confidentiality

The cuddle therapist undertakes to maintain confidentiality: everything mentioned and experienced during the session or in the follow-up discussion remains between the client and the cuddle therapist. An exception is the situation of supervision in which the cuddle session is discussed for a professional purpose. In this case the anonymity of the client is preserved. Other exceptions include information that legally obliges the cuddle therapist to revoke his or her promise of confidentiality. Photos and other forms of recording are prohibited.

## 5. Exclusion of liability

The cuddle therapist assumes no liability for objects taken into the cuddle session.

In the event of cancellation of the session due to illness of the cuddle therapist or force majeure there is no entitlement to the carrying out of the session. Also for other direct damages and costs including loss of earnings, loss of profit or claims by third parties, loss of data, travel expenses, consequential and financial losses of any kind, the cuddle therapist accepts no liability whatsoever.

## 6. Health notice

Cuddle therapy sessions do not correspond to or replace psychotherapy and are not medical treatments. If indicated the cuddle therapist appeals to the personal responsibility of the client to consult a competent and appropriately trained medical practitioner, psychologist or alternative practitioner.

The client reports serious musculoskeletal disorders and takes care of his or her body as a matter of personal responsibility; this also applies to (diagnosed) mental disorders.

The client makes use of this service at their own risk and decides for themselves whether or not to follow the advice or suggestions of the cuddle therapist.

The cuddle therapist accepts no liability for any direct or indirect damage resulting from the use of the content and the associated recommendations and their interpretation.

## 7. Final provisions

The GTC shall remain binding in their remaining parts even if individual provisions are legally invalid. Agreements deviating from this are only effective if they are recorded in writing.

## Health questionnaire

Please name any aspects of your health that are relevant to our cuddling session together.

This could include for example:

Physical limitations, such as illnesses, injuries, operations or allergies:

Psychotherapeutic or psychiatric diagnoses or (medication) treatments:

Other, such as pregnancy:

This results in the following precautions/restrictions for the cuddling session:

If complications arise the following steps should be taken:

Emergency contact (name, telephone number):

I have completed the health questionnaire to the best of my knowledge. I confirm the completeness and correctness of my details.

Should anything regarding my health change I will inform the cuddle therapist.

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(Date, signature of client)

## Privacy policy

I consent to the processing of my sensitive and other personal data (Art. 9 GDPR) in compliance with an appropriate level of data security, processed for the purposes listed in the GTC and, if necessary, passed on to other data-responsible parties (supervisors, doctors, therapists).

I have the right to revoke my consent at any time with effect for the future, without giving reasons, by e-mail to [willkommen@kuschelraum.de](mailto:willkommen@kuschelraum.de) (or via the e-mail address of the treating cuddle therapist).

The data will be deleted immediately upon receipt of the declaration of cancellation, provided that there are no statutory retention periods and the cancellation is effective. The effectiveness of the data processing carried out until the withdrawal of consent remains unaffected.

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(Date, signature of client)

## Rules for the cuddle session

1. Please only come to the appointment if you do not currently have a cold or other infectious diseases that could be transmitted during a cuddling session.
2. The first 15 minutes of your cuddle therapy session are free of charge and serve as an orientation period. You fill out the cuddle agreement, your cuddle therapist answers all your questions and discusses your requests and wishes with you.
3. The session takes place in a clothed setting . Bring fresh clothes with you, preferably comfortable, rather loose, long and soft long-sleeved cotton shirts and jogging trousers. Your cuddle therapist will inform you when and where you can change. Nudity during the session or in the presence of the cuddling therapist before or after the session is prohibited.
4. Please be mindful and make sure not to have any intrusive or unpleasant odours on you, such as sweat or bad breath, smoke, strong perfume or aftershave. If necessary you can freshen up before the cuddling session or brush your teeth. This time will be deducted from the session time.
5. Sobriety is a necessary prerequisite. Don't be under the influence of drugs or in withdrawal. Drugs also include alcohol.
6. Cuddle therapy is a non-sexual service: no touching or treatment that could in any way be considered sexual may be requested, suggested or performed. This includes, for example, touching or rubbing in the area of the primary and secondary genitals, the buttocks, the mouth, touching underneath clothing and kissing.
7. Within the cuddling rules, you can freely ask for anything you want. For example, the cuddling position can be changed at any time if it becomes uncomfortable or if you simply want to try something new. The cuddle therapist takes full responsibility for setting his or her own personal limitations and boundaries (even beyond the cuddle rules).
8. Silence, talking, laughing, crying can all be part of the cuddling session. Use this protected space entirely for yourself and what you need at that moment.
9. Cuddle therapy is a professional service. Making contact with each other on a private level will lead to the termination of the business relationship.

### **I have read the rules for the cuddling sessions and the terms and conditions and agree with all points.**

Failure to do so will result in the cancellation of the cuddle session and the future business relationship. The costs of the cuddle session will be charged in full.

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(Date, signature of client)

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(Date, signature of cuddle therapist)

## Good to know

Please tell me verbally:

- Why are you here? Do you have any specific requests or wishes?
- Is this your first cuddling session or do you already have experience?
- Do you have certain likes and/or dislikes when it comes to closeness and touch? For example, are there any parts of your body that you particularly like or don't like to have touched?

## Welcome to the CuddleSpace.

## Notes