

Framework of Support

Flame Alive – Stress and Nervous System Regulation, Support for High Sensitivity

1. Nature of the support

Flame Alive offers a somatic, integrative and educational approach focused on emotional regulation, hypersensitivity, hyper-empathy, relational patterns, the nervous system, and the integration of difficult life experiences.

This support aims to foster body awareness, inner stabilization, clarification of needs, stress regulation, and the mobilization of personal resources.

This practice is based on a background of trainings, certifications and academic qualifications including:

- **Brainspotting** (Switzerland/USA), **Ericksonian & Strategic Hypnosis**, **Neuro-Linguistic Programming** and **Coaching** (École de PNL de Lausanne – Switzerland), **Voice Dialogue** (The Conscious Body & Voice Dialogue Institute – USA),
- Training with the Rességuier Institute (France) focused on the **quality of therapeutic presence**,
- **Adult Education Training** (Swiss Federation for Adult Learning – FSEA),
- **Master's Degree in Anthropology/Ethnology** (NCCU – Taiwan), including research on processes of therapeutic efficacy in different cultural contexts.

These qualifications were obtained between 2013 and 2024 and are supported by ongoing and supervised continuing education, particularly in Brainspotting, neuroscience, somatic approaches and other fields relevant to my practice.

2. Professional limitations

Flame Alive does not provide regulated medical, psychiatric or psychological services. The information and sessions offered do not replace a diagnosis, clinical psychotherapy, or medical, psychiatric or psychological care when such care is necessary.

I am neither a medical doctor, psychiatrist, psychologist nor licensed psychotherapist within the meaning of a regulated healthcare or clinical title. I do not provide diagnoses and I do not prescribe medical treatment.

3. Situations not suitable for this type of support

Sessions are not appropriate for emergency situations or acute crises, including suicidal ideation, risk of self-harm or harm to others, psychosis, acute psychiatric crises, immediate violence, unstable addiction, severe untreated disorders, or medical emergencies.

In such situations, please immediately contact emergency services in your country, your physician, a psychiatrist, a clinical psychologist, or an appropriate healthcare service.

4. Responsibility and results

Each individual journey is unique. Results may vary depending on personal history, pace, resources, health condition, and life circumstances. Therefore, I cannot guarantee any specific outcome.

Published testimonials reflect individual and subjective experiences. They do not constitute a promise, guarantee of results, or proof of effectiveness applicable to all situations.

5. Referral to other professionals

When appropriate, it may be recommended to consult a physician, psychiatrist, psychologist, licensed psychotherapist, or any other qualified healthcare professional. In some cases, Flame Alive support may complement medical or psychological care, but does not replace it.

6. Confidentiality and personal data

Information shared during sessions is treated confidentially, within the limits provided by law and obligations related to protection in situations involving serious risk to the individual or others.

Data transmitted through the website, forms, email exchanges, appointment booking tools, or online sessions are used solely within the context of the support request.

7. Public content: website, videos and social media

Content published on the website, YouTube channel or social media platforms is intended for informational, educational and reflective purposes. It does not constitute personalized medical advice, diagnosis, prescription, or individual clinical recommendation.

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Flame Alive

www.flame-alive.com

Alicante, Spain