

# Informed Consent 2019

Walterboro Counseling, Expressive Arts & Yoga Therapy

## Welcome

I am pleased that you have selected me as your yoga therapist. I am Lisa Rosof, MA, C-IAYT. This document is designed to inform you about my background and to ensure that you understand our professional relationship.

## My training

I am a Temporary Adjunct Professor at the University of South Carolina. I have a Master of Arts degree in counseling. I am certified with the International Association of Yoga Therapists and a certified Phoenix Rising Yoga Therapist. I am a professional yoga instructor and I am a registered member of the Yoga Alliance. I earned a Bachelor of Science degree in Business Administration and was a professional dancer. I am *not* a Licensed Professional Counselor. I do not practice one- on-one talk therapy.

## My approach

I accept in my private practice only clients willing to resolve their own problems with my assistance. I believe that as people become more accepting of themselves, they are more capable of finding happiness and contentment in their lives. However, self-awareness and self-acceptance are goals that sometimes take a long time to achieve. Some clients need a few sessions to achieve these goals, whereas others may require months or even years. As a client, you are in complete control and may end our yoga therapy relationship at any point. I will be supportive of that decision. If yoga therapy is successful, you will feel able to face life's challenges in the future without my support or intervention. Participatory decision-making and your satisfaction in our communication are of the utmost concern to me.

Although our sessions may be very intimate, it is important for you to realize that we have a professional relationship rather than a personal one. Our contact will be limited to the paid sessions you have with me. Please do not invite me to social gatherings, offer gifts, or ask me to relate to you in any way other than in the professional context of our yoga therapy sessions. You will be best served if our relationship stays strictly professional and if our sessions concentrate exclusively on your concerns. You will learn a great deal about me as we work together during your yoga therapy experience. However, it is important for you to remember that you are experiencing me only in my professional role.

**As your yoga therapist,** I will provide a safe, compassionate and authentic presence. I believe the key to true peace and happiness for our inner selves, as well as in the world, rests within our own hearts and minds. All human beings contain the potential to generate compassion and gain wisdom, uncovering the true peace and wisdom that lies within. It is simply a matter of cultivating that potential – nurturing it, developing it, and implementing it in our daily lives. This is the purpose of my work with you: to help you nurture, develop and implement compassion and peace within and bring that into daily living.

**As your yoga teacher,** I sometimes offer public group classes that frequently have dozens in attendance. As such, it is not private or confidential. My focus is the group and not individuals. Although deep, profound and often powerful insights can arise during a yoga / meditation class, those are best explored in the privacy of a one-on-one setting scheduled separately from the group class.

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**Yoga Therapy** most often includes both body mind psychology and yoga with an emphasis on assisted and/or supported yoga postures, meditation, breathwork, guided imagery, music, silence, spiritual teachings, chanting and/or other yogic disciplines. The therapist guides the client with these therapeutic interventions to bring awareness to specific physical, emotional and spiritual health needs. With your permission, there may be hands-on touch to receive maximum benefit.

Each session is unique, creative and connects mind with body by helping clients move top down or bottom up — head to heart or heart to head — releasing and healing through the gracious, spacious wisdom of the body.

The purpose of my yoga therapy practice is to provide an experience that calms the nerves, quiets the mind and relaxes the body making inner awareness easier to access, nurture and nourish.

**Confidentiality & communication concern** I will keep confidential anything that you say to me with the following exceptions: (1) you direct me to tell someone else, (2) I determine you are in danger to yourself or others, or (3) I am ordered by a court to disclose information.

If at any time for any reason you are dissatisfied with my services, please let me know. If I am not able to resolve your concerns, you may report your complaints to the the Ethics Review Panel at the International Association of Yoga Therapists — PO Box 251563, Little Rock, AR 72225. Phone: 928-541-0004. <https://iayt.site-ym.com/?page=EthicsReviewPanel> Please let me know if I can do better to address your needs.

**Professional Fees and Policies** In the return for a fee of \$100 per hour, I agree to provide yoga therapy services to you at Walterboro Counseling, Expressive Arts and Yoga Therapy. **The first session is sixty minutes and the price is \$100.** Subsequent sessions are 60 minutes at \$100 per hour. The fee for each session will be due and must be paid at the beginning of each session. Cash and personal checks are acceptable for payment. If paying by check, please prepare the check prior to the session. Upon request, I will provide you with a receipt for all fees paid.

In the event you are unable to keep an appointment, you must notify me 24 hours in advance. **If I do not receive such advance notice, you will be responsible for paying for the session you missed.** Please do not ask me to give you my time for free. If you are late for a session, I will provide yoga therapy to you in the time remaining. Your late arrival will not entitle you to a full session, but you will be billed for the time reserved for you.

I assure you that my services will be rendered in a professional manner consistent with accepted ethical standards. Please note that it is impossible to guarantee any specific results regarding yoga therapy goals. However, together we will work to achieve the best possible results for you.

Some health insurance companies may reimburse clients for my services and most will not. If you wish to seek reimbursement for my services from your health insurance company, please check with your healthcare provider/physician. Together, we can assess the likelihood of health insurance reimbursement for my services through your health care provider/physician. Those with health

insurance companies that do reimburse usually require you pay a standard amount before reimbursement is allowed and then usually only a percentage of my fee is reimbursable.

If you have questions, please ask. Once comfortable that you understand this document fully, please sign and date this form. Thank you.

***Signature for consent and understanding of this professional disclosure statement and the nature of the client/therapist relationship.***

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Date

Signature