



Angela Herzog MA, RP, CCC, SEP

The Refuge Room 342 - 5420 Hwy 6 N Guelph (519)427-3025 angela@embodiedhealing.ca

Informed Consent Form

Welcome and Thank-you for choosing Embodied Healing

Starting counselling is a major decision and you may have many questions. It is my desire to help you make an informed decision about counselling. This document is intended to inform you of who I am and what you can expect from counselling, including my policies. Please read over the form carefully and feel welcome to ask any questions as you decide what is best for you.

Credentials

Angela Herzog is the owner and lead counsellor at Embodied Healing and a team member of The Refuge. I am a Registered Psychotherapist (#003327) and Canadian Certified Counsellor (#4625) with the Canadian Counselling and Psychotherapy Association. I am also a Somatic Experiencing Practitioner through the Somatic Experiencing Trauma Institute. I have a Master of Arts in Counselling and Spirituality from University of Ottawa.

What is Embodied Living?

Embodied living allows for engaging the present moment with all senses.

Our bodies are brilliant at surviving many stressors, however, sometimes; variables get in the way of this innate process. In turn, stress responses get 'stuck' in the body, creating fixed thought, emotion and stress patterns.

To cope with these patterns, we tend to live from our head and move out of embodied living. Building body awareness in therapy helps us discover the underlying traumas and needs that created the fixed patterns.

The more we learn to build the body-mind connection, the more we learn to trust in our body's innate process to let stress responses move through the body and be released.

Only then, can our body open up to relaxation, fluidity, and happiness; increasing our capacity for embodied living.

What is Embodied Healing?

Embodied Healing offers a safe and compassionate therapeutic experience that facilitates embodied living through key three elements:

Create ~ Experience ~ Move

These three elements invite you to be present, and engaged with your body in a non-threatening way.

What to Expect:

As described above, Embodied Healing expands on traditional talk therapies as it invites a more holistic approach. Embodied Healing will work with you to create a personalized treatment plan and find the right balance for you between talk and body-oriented therapy; even if that means strictly talk therapy.

In sessions, you will be invited into an experience of self expression through many avenues like drawing, clay sculpting, dancing, yoga and other body movement and grounding exercises.

No art or dance background needed. It is not about skill or the finished product, but the experience of expression.

I also will use more traditional talk therapy techniques based in Cognitive-Behavioural therapy, Gestalt therapy, Solution-Focused therapy and others.

Please Note: You have the right to decline any invite to an activity that you do not feel comfortable with

Somatic Experiencing

When appropriate, and according to my clinical judgment, I may propose the use of Somatic Experiencing (SE) in our work together. SE is a naturalistic approach to the resolution and healing of emotional and physical trauma developed by Dr. Peter Levine.

SE holds the belief that human beings have the innate capacity to return to a self-regulating nervous system and heal rather than re-live or re-enact trauma. With the clinical tools to help the individual step aside from the cognitive story and into the body's physiology, SE offers slow, supportive guidance to track body sensations and allow survival energies of fight/flight/freeze to be safely experienced and discharged. This experience is safe as SE "titrates" experience (breaks down into small, incremental steps), rather than evoking emotional overwhelm; which tends to lead to shutdown. As a result, the nervous system can slowly return to its natural rhythm and energies can be focused on engaging life again. Please Note: SE may provide option for touch in support of the renegotiation process, however, it is not necessary.

The Counselling Process

In collaboration with you, my aim is to create a safe environment and relationship in order for you to meet your own personal goals. It is important to understand that therapy also has potential emotional risks. Approaching emotions and experiences that you usually avoid can be difficult and painful. Making changes can also be painful and fear-invoking. Therefore, it is not unusual to experience intense emotions during the process of therapy. However, there is always movement, and you will not be stuck in the negative emotions, but be moving towards a deeper understanding of yourself. The risk of not moving ahead with counselling may result in an increase of the symptoms you are already experiencing as there will be no movement in self exploration.

It is typically your decision when to stop meeting for counselling sessions, unless we set up a time period together. However, if I assess that there is a more appropriate service that can better serve your needs than what my training allows, I will inform you and can refer you to the appropriate service/individual.

Clinical Supervision and Consultation

To ensure the best service is provided, Embodied Healing may meet with clinical supervisors and colleagues for clinical support. No names or identifying information will ever be given within these discussions.

Communication

My office days are Mondays, Tuesdays, Thursdays, Fridays. I will retrieve messages daily and return voicemails within 48 hours. You can email me at angela@embodiedhealing.ca. The voicemail and email is strictly confidential.

If you are experiencing an emergency, please do not wait to hear from me, but, call the crisis line, 1-844-HERE247 or 911.

Your Responsibility as a Client

If you are unable to make your appointment, please provide 24 hours' notice. If you miss an appointment or cancel without sufficient notice, I reserve the right to charge the regular session fee. In the event that you arrive late to your session, the session will still end on time, to avoid running into another client's session. I kindly request cell phone volume to be turned off to ensure little distraction for our session.

Fees and Payment

50 minute session is \$125.00 plus tax to be paid before or after session. I accept cash, cheque, or e-transfer. Cheques are payable to Angela Herzog. I will not charge for telephone calls unless the call exceeds 15 minutes.

Keep receipts as they will be claimable as a tax deduction on your income tax as a medical expense

Please note that I offer limited spots with a reduced hourly rate, based on income to those individuals with financial hardship who need immediate treatment.

Quality Care

I will do my best to ensure you receive quality professional counselling services. In order to do so, I follow the ethical guidelines of the Canadian Counselling and Psychotherapy Association. If you're unhappy with what's happening in counselling, please feel free to voice your concerns to me. If you feel that I have behaved unethically or have a complaint about my services you can contact the CCPA at 1.877.765.5565. You may also contact, regarding general inquiries, the Office of the Privacy Commissioner of Canada at (613)947-1698.

Signatures

I _____ hereby grant permission to ANGELA HERZOG to provide counselling /psychotherapy. The rate per session is _____. All information was explained to me by ANGELA HERZOG on _____ at Embodied Healing at 5420 Hwy 6N Guelph, Ont. I have read and understand all of the above information about the counselling process and I have been given an opportunity to ask questions.

(Signature of Client)

(Date)

(Signature of Counsellor)

(Date)