

## INFORMED CONSENT BODYWORK & FOCUSING

### Definition of Services:

Miri Fairchild provides sessions in Process Oriented Bodywork and Inner Relationship Focusing to individuals and groups. Clients are not patients as in medical patients, but defined as students who choose Miri's complimentary services to learn how to effectively support wholesome wellness and the process of personal healing; and to receive massage, movement instruction, and breath work instruction for wellness, relaxation and self realization. Detailed description of all services is available at [www.mirifairchild.com](http://www.mirifairchild.com).

Bodywork, Focusing and counseling do not substitute medical treatment, psychotherapy or physiotherapy. All clients are expected to utilize their medical/healing resources for diagnosis, treatment and medication. Miri does not provide medical treatment or diagnosis.

### Medical conditions

For safety reasons Miri must be fully aware of existing medical conditions including allergies, infectious diseases, diabetes, conditions of the heart, lung and brain, and other vital organs including bowels, musculoskeletal system and others. It is the clients' responsibility to keep Miri updated on changes in medical conditions and medication.

Miri assures professional confidentiality. On clients request she will work together with the psychotherapist, medical doctor or other health practitioner. A release form must be signed.

### Boundaries

Miri acknowledges the human longing for connection, and the value of professional distance. When she declines a request for socializing outside of sessions, it protects healthy boundaries and personal privacy that are grounds for successful work for both, the client and Miri.

She makes her clients conscious that sessions will not fulfill a desire for sexual connection. Massage does not include genital stimulation or other sexual gratification. Most people have questions regarding nudity during a massage, how to deal with possible sexual arousal and what "it means" in regards to their commitment to their partner/spouse. Miri is available to talk about all these complex concerns at any time.

### About success:

Focusing and Bodywork sessions are an invaluable investment in oneself. Weekly consecutive sessions are highly recommended. The first sessions serve to lay a foundation in trust, body consciousness, and communication and to establish goals. To see changes and improvement, regular body oriented practice is needed between sessions. This may be conscious breathing, meditation, focusing, exercises, self massage, spiritual practice and other. Clients are encouraged to reflect and write about their experience after each session. Chronicling the journey will support the integration process. A form 'chronicle your journey' is available on [www.mirifairchild.com](http://www.mirifairchild.com).

### Cancellation Policy

Sessions cancelled with less than 24 hours notice and no shows are charged at the regular rate.

### **Fees Focusing**

60 min first session \$ 47

**60 min \$ 80**

60 min by phone \$ 70

3x60 min in studio \$ 216 (10% discount)

3x60 min by phone \$ 189 (10% discount)

12x60 min in studio \$ 720 (25% discount)

12x60 min by phone \$ 630 (25% discount)

Fees are subject to change

### **Fees Bodywork**

60 min first session \$ 47

**60 min \$ 80**

3x60 min \$ 216 (10% discount)

12x60 min in \$ 720 (25% in studio % discount)

Additional \$ 5 discount if you bring your own full set of sheets (2 sheets & 1 small towel)

Fees are subject to change

### **Cancellation Policy**

**Sessions cancelled with less than 24 hours notice and no shows are charged at the regular rate.**

By signing this form, I confirm that I have read all of the above and have had the opportunity to discuss the content with Miri. I understand that at any time I may withdraw my consent and sessions will be stopped.

Student/Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Print name \_\_\_\_\_