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Disclosure of Information

The purpose of this handout is to introduce you to my Energy Psychology work and to the counseling process in general. The following information is designed to help you in making thoughtful decisions regarding your therapy. Please ask any questions or raise any concerns which may occur to you as you read through this, now or at any time in our work together.

Provision of the following information and written acknowledgement of its receipt are required by Washington State Law.

Education, Training and Experience:

I am trained as an individual and group psychotherapist, a BodyTalk Certified Practitioner (CBP), a Reconnective Healer and The Reconnection Practitioner, a PSYCH-K facilitator, a Hypnotherapist and a Breathwork Practitioner. I have a BA in Biology from UCV, Venezuela and a Master in Clinical Psychology from Antioch University, Seattle. I have completed all the advanced modules training in BodyTalk, as well as the specialty courses in Chinese Medicine for BodyTalkers and Body Chemistry Specifics and have certified as a practitioner. I have also trained in Energy Psychology with Wayne McCleskey, M.Th., and a two year training specializing in the treatment of trauma in the modality of Somatic Transformation, with Sharon Stanley, Ph. D. I trained as a Hypnotherapist at the BodyMind Academy with Tom Johnston, MA, and in Breathwork with Tom Johnston and Peter Kane. I have also trained in Gestalt Therapy with Manuel Barroso, Ph. D, and have taken workshops in NeuroLinguistic Programming, Bioenergetics and Process Painting. I am a Registered Counselor in the State of Washington, registration RC# 00042918.

In addition to training in the healing field, I hold an MBA in Business Administration, specializing in Strategy and International Business from MIT, and an MBA in Business Administration specializing in Strategy and Marketing from IESA, Venezuela.

The focus of my practice is facilitating clients healing from trauma and stress, thus supporting the healing of their whole Body Mind System. I specialize on modalities and interventions that can support the release of trauma from the body.

Theoretical Orientation and Approach to Therapy:

I am an Energy Psychologist. I couple psychological interventions designed to help you safely release emotional charges and transform limiting beliefs with gentle tapping in different energy centers and acupuncture points. The intervention in the energy centers speeds the release of old patterns of behavior, emotional and physical holding in a safe and gentle manner.

I incorporate BodyTalk as an Energy Psychology tool during my sessions due to its efficacy in releasing the trauma patterns from the body. BodyTalk is a highly effective energy therapy that functions by restoring and enhancing the body's innate wisdom to heal itself. BodyTalk's premise is that dis-ease at all levels results from the disruption of the communication between different systems of the mind, emotions, body and energy centers due to exposure to trauma, the stresses of day-to-day life, environmental and other factors. When this communication is disrupted the system is no longer able to balance itself, repair and heal.

Body Talk works through enhancing the body's natural ability to heal through restoring balance and communication amongst the different systems of the body mind. It is particularly effective because it uses neuromuscular feedback to determine at what level the energetic imbalances of your system need to be addressed and because it can intervene at once at the emotional, mental and energetic level, and increase awareness at the physical level, resulting in psychological healing from that extends to the body. The interventions are done through increasing and focusing awareness on the effects of emotional issues and beliefs on the functioning of the body while tapping different energy centers.

The neuromuscular feedback is based on the fact that our subconscious mind controls our muscular tone, and this muscular tone changes with stress, when our conscious and unconscious mind are not in congruency, or when our minds are focused in issues that weaken our energy systems. In some Energy Psychology modalities I will do the neuromuscular feedback by asking you to extend one of your arms, touching your shoulder lightly with one of your hands to stabilize it and pressing down on your arm to ascertain its resistance. In the case of BodyTalk, because the procedure needs to be repeated a large number of times and it would be too tiring for your muscles, I do the neuromuscular testing by gently lifting your hand and sensing its resistance. Should neuromuscular testing be uncomfortable for you in any way, please let me know, and we will find either a position that will be comfortable for you or I can use myself as a surrogate for the testing.

In BodyTalk I will be asking you to contact different body areas to increase the awareness of your body. To imprint this awareness in your energy system, you need to be tapped generally in the crown of your head and in your sternum. Traditionally the practitioner does the tapping for the comfort of the client, and so that the client can sustain the bodily contact during the tapping. You can elect to do the tapping yourself, to have me do the tapping on your head and sternum or to have me tap the energy field surrounding your head and sternum. They can all be equally effective and the election should be based on what feels most comfortable and effective to you as a personal preference. Many clients find it helpful to relax during the procedure lying down in a massage table. You can choose to do it sitting down instead.

Your rights as a client:

1. Please feel free to ask any questions you may have about my work as a therapist, the approach we are taking together, or your progress. It is your responsibility to choose the therapist and therapeutic modality which best suits your needs. You always have the right to request a change in the treatment or to refuse a treatment. It is important that we work together to meet your needs. If you believe that you are not being helped, please let me know so that we can work

through the difficulty together. If we are unable to do so to your satisfaction, I can assist you in finding another practitioner.

2. Our sessions are held in the strictest confidence, and no information can be released about you without your permission. State law requires the following exceptions:
 - a. When a client poses a clear and present danger to self or others, or is unable to provide minimal life-sustaining self care;
 - b. When a client reveals contemplation of a major crime or harmful act;
 - c. When the counselor receives a court order to share information with a judge;
 - d. If the counselor has a reasonable suspicion that a person under the age of 18 or a dependent adult (aged or developmentally delayed) is or has been physically abused, sexually abused or neglected. This report must occur within 48th hours of the counselor receiving such information
3. I will meet regularly with a supervisor so that I may gain a better understanding of how we can work with our clients more effectively. In these consultations your identity will be protected, as will uniquely identifying information. My supervisor is bound with the same standards of confidentiality as I am.
4. State law requires that this disclosure statement include the following two paragraphs:
 - a. WAC 308-109-040: "Counselors practicing for a fee must be registered or licensed with the Department of Licensing for the protection of the public health and safety. Registration of an individual with the Department does not include recognition of any practice standards, nor necessarily imply the effectiveness of any treatment".
 - b. SHB 1828: "A record of the mental health care provided to you is kept by this office. You may ask to see and copy that record. You may also ask this office to correct that record if you believe the information within your record is an error. A copy of your correction to the office records will be placed within your record, at your request. This office will not disclose your record to others unless you direct us to do so, or unless the law authorizes or compels us to do so. You may see your record or get more information about it at this office."
5. If you believe that I have behaved in an unprofessional or ethical manner, please advise me so that the problem can be clarified and resolved. If you feel that negotiation has not worked, you may contact:

Department of Health Counselors Program, PO Box 47869
Olympia, WA 98504-7869
(360) 236-4902

The law in Washington State regarding counselors is covered under statutes RCW 18.19 and 18.225, which you can access by going to www.leg.wa.gov. Should you find me in violation of any aspect of the law, please take the appropriate actions promptly.

Your responsibilities as a client:

1. Scheduling: Consistency in keeping appointments is integral to the therapeutic process. I prefer to schedule each new appointment at the end of each session. If you and I agree that you have a standing appointment at a certain time each week, I will not schedule another client during that time, as long as you are consistent with attendance. If you have made an appointment with me and need to cancel, you must let me know 24 hours in advance or you will be charged for that session. If I cancel an appointment with you with less than 24 hour notice, I will see you for free at the next session. If you cannot come to the office due to transportation or health issues, you have the option of doing a phone session instead.
2. Session length: Sessions are fifty minutes unless we have negotiated a different length of time in advance. If you arrive late for a session, you will be seen for the remaining time, and will be charged the full fee. If I begin a session late, I will either see you for a full fifty minutes, charge a prorated fee, or schedule a subsequent and proportionally longer session.
3. Fees: I charge a standard fee of \$ 85/hour. I am able to adjust this fee for a few clients who cannot work due to illness and need to be seen on a sliding scale. The initial fee will be determined prior to the first session. If we negotiate for less than my standard fee, I ask that you agree to let me know if your income varies by more than \$100/month, so that we can keep our arrangement fair by raising or lowering your fee accordingly. I prefer that you pay at the end of each session. If you need a different arrangement, please let me know and we will discuss it. As a general rule, if a client owes me for two sessions, I prefer to put our meetings on hold until the client has caught up with their payments.
On principle, I do not bill to insurance companies. Because you have agreed to a private agreement for paying for your therapy, I believe you have acted in a way which will protect your own privacy, which will allow me the needed therapeutic freedom to help you in the best way I can, and which will keep your fee affordable by eliminating third party payments. Should you decide it is important to use insurance to pay for your therapy, I will assist you in finding a suitable referral.
4. Attendance: If you choose to have a regular weekly appointment time, I will reserve it for you. If you come on a less regular basis or do not know your schedule week by week, I will offer you what openings I have. I take four to six vacation weeks a year, usually no more than two weeks at a time. I will give you at least two weeks' notice of a vacation of mine. If a major cause, such as an illness in my family leads to my absence for more than three weeks, I will work with you to find appropriate referrals.
5. Termination: I believe that we should end our relationship in person, rather than over the phone. For that reason I suggest that you take at least one session to complete your therapy. You have the right, at any time in the therapeutic process, to ask for a change of direction or to discontinue.
6. Temporary distress: Sometimes the therapeutic process can be difficult and even painful; sometimes symptoms may temporarily flare up before improving. Even though this is often normal or even to be expected, please do not be alarmed, and please do keep me abreast of how you are feeling. I need to know how you are so that I may treat you effectively.
7. Contacting me: You may call my voice mail at any time. The recorded message will tell you when I am in the office and when you can expect to hear back from me. If you call me, I will call you back. If your phone does not accept blocked calls or if you use a dial up connection to the internet, there

may be a delay in my reaching you. Phone calls longer than fifteen minutes become a session and are billed at a prorated basis. I will let you know when the initial fifteen minutes are up. Usually I return calls between sessions, which limits the time I can speak to 5-10 minutes.

I acknowledge that I have received and read this disclosure statement:

Signature client

Print name

Date

Signature therapist

Print name

Statement of preferred modalities when receiving Energy Psychology treatments:

Please initial and date the appropriate line to indicate your preference for the sessions. You can change your preference at any time.

About neuromuscular testing:

I want my therapist do the neuromuscular feedback testing on myself _____

I want my therapist to use herself as a surrogate for neuromuscular testing _____

About Energy Centers tapping in BodyTalk:

I want my therapist to do the tapping on my head and sternum _____

I want my therapist to do the tapping on the energy field above
my head and sternum _____

I want to do my own tapping _____

About your position during BodyTalk:

I want to be sitting during BodyTalk _____

I want to lie in the massage table during BodyTalk _____