



Personal Disclosure Statement and Consent for Services

Welcome to Sacred Space Northwest. Because I am an Oregon registered mental health professional, I offer the same disclosure, informed consent, and confidentiality to Mindfulness Coaching clients as I do to Counseling clients. The following will provide you with information concerning my education, license, and Mindfulness Coaching services; and your rights as my client. Please read this carefully and sign to acknowledge that you have read and understood it.

Philosophy and Approach:

I believe personal wellness requires the intentional and continual integration of mind, body & spirit. During my years of Yoga practice and study, I have experienced the power of mindful movement, breath work, and meditation to bring this about. Yoga is, in its purest form, a Mindfulness practice. There are many forms of Mindfulness practice that can be naturally integrated into daily life. Learning and practicing Mindfulness can guide you to a place where your mind, body, and spirit work together in harmony. When you find this place, you can dwell in inspiration, creativity, authenticity, and joy.

My approach to Mindfulness Coaching aligns with this statement:

“Mindfulness practice means that we commit fully in each moment to be present; inviting ourselves to interface with this moment in full awareness, with the intention to embody as best we can an orientation of calmness, mindfulness, and equanimity right here and right now.”
— Jon Kabat-Zinn, *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*

Mindfulness sessions are fundamentally not goal-oriented, but oriented around the idea and experience of being in the present moment and sitting with whatever arises within this space.

Though I believe nearly everything is spiritual or has spiritual significance, my Mindfulness Coaching sessions are not explicitly spiritual. However, I am happy to integrate spirituality if clients so choose. The integration of spirituality in Mindfulness Coaching would be unique to each client’s sense of what spirituality means to them.

Education and Training:

I hold a Bachelor of Arts in Philosophy from Westmont College in Santa Barbara, CA and a Master of Arts in Counseling with an emphasis on Spiritual Integration from Multnomah University in Portland, OR.

I am a 200-hour Registered Yoga Teacher with the Yoga Alliance (2012). I have an additional 300-hours of leadership-focused Yoga teacher training from Yoga Riot, where I currently teach (2016). I have dedicated time to learning and practicing mindfulness meditation over the past two years, completing a Mindfulness Based Stress Reduction (MBSR) training through River Rock Mindfulness in 2016. Other relevant areas of study and training include:

Courses in body-oriented psychotherapy, dance & movement therapy, trauma-informed Yoga, and building mental/emotional resilience through movement and breath; and a personal background in Christian spirituality / mysticism.

Mindfulness Coaching Services:

I work with adolescent and adult individuals, couples, and groups. Individual coaching sessions are 60-minutes and should be scheduled weekly or bi-monthly for the best outcome. Generally, our first session includes a brief intake to talk about your personal daily challenges and what you'd like to get out of a mindfulness practice and out of coaching, in particular. Subsequent coaching sessions typically include individual meditation instruction, focused practice, and time to discuss your specific needs, exploring practical ways to make mindfulness part of your daily routine.

In addition to Mindfulness Coaching, I offer individual counseling and therapeutic movement sessions. These services can be uniquely designed as compliment and simultaneous forms of treatment, if the client so chooses. If you feel you could benefit from counseling or yoga therapy and wish to combine services as part of a holistic treatment plan, it is best to let me know within our first Mindfulness Coaching session. Because the ethical guidelines for counselors in Oregon recommend we use caution when creating dual relationships with clients, I reserve the right to decline to see a previous or current coaching client for counseling services based on the timing of and reason for the request.

If / when clients do decide to integrate multiple services, we'll talk about any potential boundaries and expectations, as well as client concerns related to receiving multiple services from the same practitioner. At this time, we'll also create a fee agreement based on the combination of services the client desires.

It is important to me to allow **clients to initiate** the addition of any of my other services to their wellness plan. During our first session, I may make a professional recommendation to seek mental health treatment if I feel Mindfulness Coaching would not safely meet the client's needs. If I do make this recommendation, you are free to choose any counselor you wish; and I can offer a referral upon request. You can continue Mindfulness Coaching contingent upon your agreement to seek additional support from a mental health professional.

Confidentiality:

It is important that the counseling relationship remain professional in order to protect your confidentiality and privacy rights. Therefore, if we meet one another in public I will not greet you. If you choose to greet me, I will respond in kind but will not disclose myself as your therapist.

Also all communications between clients and myself will be held in confidence and will not, except under the circumstances explained below, be disclosed to anyone unless you give written authorization to release the information. The exceptions include:

- You disclose the intent or plan to harm yourself or others
- You disclose any reason to suspect child abuse, elder abuse, or dependent adult abuse.
- In legal situations, when court-ordered by a judge, I am required to disclose information to comply with the law
- Your case may be discussed in the context of clinical supervision in order to ensure that you receive the best possible care.

Crisis:

I am in the office on Tuesdays and Fridays, but can be reached by e-mail, phone, or text Monday-Friday.

e: sawildwood@gmail.com

c: 503-912-4392

I monitor my email on a regular basis, with the exception of weekends and holidays, and will make every effort to return your email as soon as possible. If you are unable to reach me and your situation is urgent, call your doctor or the Multnomah County Crisis Line at 503-988-4888 or call 911. You can also go directly to an emergency room.

Fees:

I charge \$85 for a 60-minute individual Mindfulness Coaching Session. Payment is due at the beginning of each session. I am unable to bill insurance for this service. I accept cash, checks, and all major credit cards.

Missed or Changed Appointments:

If you are more than 20 minutes late then we must reschedule. I make every effort to be here for you and expect you to make every effort to be here as well. If it is necessary to change or cancel

your appointment, please let me know at least 24-hours in advance. If you do not cancel or reschedule within the 24-hour window, you will be charged your full appointment fee.

As a client of a mental health professional, you have the following rights:

- To be informed of the cost of professional services before receiving services.
- To be free from being the object of discrimination based race, religion, gender or unlawful category while receiving service.
- To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the aforementioned exceptions to confidentiality.

If you have any questions regarding this disclosure statement, feel free to ask. If at any time or for any reason, you are dissatisfied with my services, please let me know.

Professional Disclosure Statement & Consent for Services Acknowledgement of Receipt

Please Initial:

_____ I understand that Mindfulness Coaching is not a form of mental health treatment.

_____ I understand that my Coach is a mandatory reporter.

_____ I understand that my Coach's practices of record keeping are HIPPA compliant, so my privacy rights are protected.

_____ I have read and fully understand the information provided to me by Sarah Wildwood on her Professional Disclosure Statement. I have received the document and signed this acknowledgement.

Client Signature: _____

Date: _____

Parent/Legal Guardian Signature: _____

Date: _____