



## **Personal Disclosure Statement and Consent for Services**

Welcome to Sacred Space Northwest. I am Sarah Wildwood, Registered Licensed Professional Counselor Intern. I am glad you are here and I will do my best to be helpful to you. The following will provide you with information concerning my education, license, and approach to therapy; and your rights as a 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. In my Yoga practice, I have experienced the power of mindful movement, breath work, and meditation to bring this about. As a mental health counselor, I have seen how these elements gracefully compliment the counseling process.

I do my best to help each client integrate mind, body, and spirit by using interventions that promote this. This holistic approach to counseling can help you meet your therapeutic goals more quickly and 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 counseling approach is body based, spiritually integrated psychotherapy, which promotes emotional, physical, spiritual, and psychological healing. The majority of my experience over the past two years has been in the treatment of anxiety, depression, spiritual issues, and unprocessed trauma. I specialize in the treatment of mental health concerns that very clearly affect the body and spirit. The interventions I use when appropriate and with client consent include:

- Breath work
- Guided mindfulness meditation
- Jungian dream analysis
- Sandtray therapy
- Therapeutic Yoga sessions to support psychotherapy
- Mindfulness coaching sessions to support psychotherapy

Body based counseling means...

I invite clients to allow their body to guide them in the process of healing from traumatic experiences. As you talk through past and present struggles, you'll learn to use your breath and your five senses to facilitate healing and self-awareness. You'll also develop the skills needed to identify and transform your mental and emotional experiences.

Spiritually integrated counseling means...

The invitation is offered for you to explore your sense of connection to something more expansive than the self & the related quest for meaning and purpose. I adhere to the ethical guidelines for integrating spirituality in counseling (found at [www.aservic.org](http://www.aservic.org)), creating a non-judgmental space for you to explore your thoughts, feelings, experiences, and issues related to spirituality.

### **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 Registered Yoga Teacher with the Yoga Alliance, with 500 hours of Baptiste-inspired teacher training. I have a personal commitment to practicing Mindfulness and Yoga daily. I have completed courses in the following areas of specialization: Sandtray therapy, spiritual integration in counseling, dance & movement therapy, teaching trauma-informed Yoga, and Mindfulness-Based Stress Reduction (MBSR). I am independently studying Yoga Therapy, Hakomi Therapy, Sensory Motor Psychotherapy, and Somatic Experiencing, seeking consultation and additional training regularly.

My clinical supervisor and mentor is Katrina Gould, LCSW. Katrina can be reached at 503-702-0877. As a prospective licensee, I will abide by the Oregon Board of Licensed Professional Counselors and Therapists' Code of Ethics.

### **Counseling Services:**

I work primarily with adult individuals over the age of 18. I see clients once per week for 50-minutes. In the initial session we will get a sense of your goals and expectations for therapy and develop a treatment plan that can include Mindfulness and Yoga Therapy if you choose.

I offer Mindfulness Coaching and Yoga Therapy sessions as complimentary and supportive of our work in counseling. Mindfulness sessions include meditation instruction, focused practice, and time to discuss your specific challenges, building Mindful awareness and deeper connection to the self. Yoga Therapy sessions include breath work, Chakra System Theory, and a handful of slow intentional Yoga postures to address your unique physical, mental, emotional, and spiritual goals and challenges. As a counselor, it is important that I maintain the highest standard of ethics in all of my offerings. For this reason, I facilitate extensive communication around clients' treatment goals and interest in additional supportive therapies. It can take some time to decide if Mindfulness or Yoga Therapy are a right fit. Clients may choose to add these therapies to their treatment plan at any time. I may recommend one or both at whatever point it becomes clear that these could be helpful interventions in the course of treatment. True of any recommendation, the choice is ultimately the client's. When clients do decide to integrate movement and mindfulness

offerings into their treatment plan, we talk about roles, boundaries and expectations, as well as client concerns related to receiving multiple services from the same practitioner.

### **Taking a Break or Ending Therapy:**

You have the right to begin and end therapy whenever you wish. It is important to remember that ending or taking a break from therapy ought to be approached relationally (in person, rather than my phone message or email). Whether we've been meeting for months or years, I recommend a session dedicated to talking about your desire to end therapy, your plan for wellness maintenance, and reflection on your progress and readiness to end. Planning for and having a conversation like this marks a significant shift in your personal growth and an important milestone in the therapeutic relationship, even as it ends.

### **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 acknowledge you and 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. I regularly check communications throughout the week and respond when necessary/possible. In general, you can expect a response on my next business day.

e: [sawildwood@gmail.com](mailto: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

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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 \$100 for a 50-minute Individual Counseling Session. Initial Intake Sessions are \$130. Mindfulness Coaching and Yoga Therapy Sessions are also 50-Minutes and \$100. All services require an Initial Intake Session to establish care. Payment is due at the time of service. My practice is private pay only (I do not bill insurance). I accept cash, checks, and all major credit cards.

**Missed or Changed Appointments:**

If you need to change or cancel your appointment, please let me know 48-hours in advance, when possible. You must cancel or reschedule within a minimum of 24-hours prior to your appointment, or you will be charged the full appointment fee. If you are more than 20 minutes late, I will reschedule our session and charge the full appointment fee.

**As my Client, You Have the Following Rights:**

- To expect that the intern/licensee has met minimal qualifications of training and experience required by state law
- To examine public records maintained by the Board and to have the Board confirm credentials of a counselor.
- To obtain a copy of the Code of Ethics.
- To report complaints to the Board of Licensed Professional Counselors and Therapists.
- 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 the counseling process or 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. You may contact the Board of Licensed Professional Counselors and Therapists at 3218 Pringle Rd SE #250, Salem, OR 97302-6312. Telephone: (503) 378-5499.

**Professional Disclosure Statement & Consent for Services Acknowledgement of Receipt**

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: \_\_\_\_\_