

BHRAMARI SEATTLE PLLC

YOGA & WELLNESS

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Informed Consent Form

Welcome to Bhramari Seattle, I am glad you are here. This form reviews my approach to counseling, services, and business policies so you can make an informed decision about the treatment you wish to receive. I encourage you to review the following carefully and ask any question you may have. We will review this form again together in person upon meeting.

It is my deepest honor to walk along side you as we uncover the roots of how you came to be in this world and where you would like to go. I look forward to our work together.

Approach to Counseling and Wellness

I believe validation and empathy are essential to wellbeing. Bhramari Seattle, PLLC provides compassionate and professional care to those seeking growth, support, and encouragement with life's surprises and complications. As we journey through life, our experiences imprint upon us. This sometimes creates habitual holding patterns in the body and mind as well as distorted views of reality based off prior experiences, especially if they were overwhelming, scary, or unpleasant. Sometimes these patterns become rigid and/or create distortions in how we view our current life situations. This is a normal reaction to an abnormal situation. By noticing the stories we are telling ourselves we can create change in how we perceive the world around us. Awareness of thoughts and behavior creates choice, and I believe that choice belongs to you.

My therapeutic approach is client-centered, meaning, you as the client are in control of the direction and focus of your treatment. Drawing from Mindfulness Based Cognitive Therapy (MBCT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Family Systems Theory, Narrative Therapy, yogic philosophy, and more, to create a comprehensive and individualized approach to your care based off your unique needs and experiences. I believe wellness is more than a cognitive process. The whole body, your whole person, deserves compassion and attention. Bhramari Seattle provides holistic care to move fragments into a direction of wholeness, restoring balance to the nervous system, releasing and processing stress, reducing trauma symptoms, and improving mental, emotional, and physical wellbeing.

Educational and Professional Background

Throughout my educational and professional experiences, I have worked closely with sexual trauma/abuse, depression, anxiety, intimate partner violence, post trauma symptoms, personal growth, navigating relationships, and a variety of other issues. During my graduate practicum and clinical internship I provided individual counseling and therapeutic group yoga at New Beginnings, an intimate partner violence agency here in Seattle.

I am licensed in the state of Washington as a Mental Health Counselor (Associate) and received my Master's Degree in Clinical Mental Health Counseling from Antioch University Seattle and am under the direct supervision of Katherine Fort, PhD, LMHC. I also hold a Bachelor of Arts degree in Child, Youth, and Family Studies with a minor in Psychology from the University of Nebraska at Omaha. It is my passion to blend Eastern philosophies of yoga and wellness with Western science and the neurobiology of stress within the physical body. Inspired by the depth of clinical research for holistic care, specifically the practice of yoga, I completed my 200 hour Yoga Alliance approved Yoga Teacher Training in 2015. Additionally, I am certified in both Restorative and Yin Yoga.

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Social Media and Public Places

You are welcome to search and follow Bhramari Seattle pages on social media. My intention is to provide health and wellness information, post events, and maintain a sense of connection to the space. Please understand, for your privacy and safety, Bhramari Seattle will not send "friendship requests" or "follow back", or other such social media networking with clients. Your privacy is important to me, if we happen to see each other out in the community or public places, please understand I will not be the first to acknowledge that we have a relationship.

Email Communication

I am the only one who has access to melissa@bhramariseattle.com. However, please know that I cannot guarantee complete confidentiality with those who choose to communicate electronically. To maintain a feeling of connection, reschedule, provide additional information, or ask a question, you are welcome to email me between sessions. I am here to support you. If you are in need of immediate care, please call 911, the Crisis Line at 866-427-4747, or the Crisis Text Line by texting "HOME" to 741741.

Record Keeping

I am required by law to keep client records. Such information includes dates and times of sessions, progress reports, signed paperwork, or professional opinion. These records ARE NOT detail specific to our conversations. You may request to have these documents shared with other care providers. If so, please fill out the "Release of Information" form to do so. Please know these records are kept in confidence and will not be disclosed without your consent unless I am required to do so by law.

Confidentiality

I hold and protect your privacy and the information you disclose in session to highest confidentiality. As required by law, there are a few exceptions to this confidentiality. As a mandated reporter, I am required to report: 1) if you make a serious threat to harm yourself or someone else and 2) if I have serious reason to suspect you abusing a child or vulnerable adult (or you have disclosed this information about someone else). Please see the HIPAA form regarding your Protected Health Information for more details.

Client Rights

As a client, you have the following rights to expect during your care:

- 1) That I have met all qualifications, requirements, training, and experience as required by law.
- 2) To obtain a copy of the Code of Ethics for Washington State
- 3) To examine public records maintained by the State of Washington to confirm credentials of a licensure.
- 4) To be informed of the cost of professional services before receiving care.
- 5) To report any and all complaints or file grievances to the Department of Health Washington.
- 6) To review and understand the privacy and confidentiality policies required by the State of Washington (please see HIPAA form for more information).
- 7) To be treated with respect, empathy, and compassion regardless of race, sexuality, gender, spiritual or religious viewpoints, age, socioeconomic status, or disability. You are welcome here.

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Cancelation Policy

Life happens. I understand that things come up and you may need to cancel or reschedule a session. Please do so at your earliest convenience. Bhramari Seattle holds a 24 hour cancellation policy and cancellations/rescheduling within 24 hours may be subject to penalty. Please understand that missing a session without notice "no call / no show" will be charged the full cost of session. You may cancel or reschedule by calling/texting 206-234-9967, by email at melissa@bhramariseattle.com, or using the online scheduling tool at bhramariseattle.com

Fees

The initial intake is \$100 for 90 minute session. Continuing Individual fees are \$100 per 60 minute session and \$120 per 90 minute session. I also offer a discount for students and sliding scale fee for anyone needing financial assistance. Asking about reduced rate availability will not change or diminish your quality of care. Payment can be made online at the time of scheduling or in person at the time of service by cash, credit card, or check made payable to "Bhramari Seattle, PLLC". If paying by credit card, please note your bank statement will show funds for "Bhramari Seattle, PLLC".

Insurance

I do not directly bill insurance companies for counseling services. If you have health insurance, I encourage you to research your healthcare plan. You may be reimbursed in part or in full for Out of Network care providers. Upon request, I can provide you with a monthly Super Bill for you to submit to your insurance company for a reimbursement claim.

Therapeutic Yoga

Our work is to understand your sources of stress and how/why they are creating symptoms in your body such as chronic pain, insomnia, anxiety, ect. We may discuss relationships, significant events, family systems, and personal history, as well as goals and ways I can be of help. Our time will be divided between talk therapy and the practice of yoga to give your body time process and relax from stress. Requesting the incorporation of yoga into your session is opting for a gentle "hands on" approach. This means I will be guiding you through a yoga practice using bolsters (large supportive cushions), yoga blocks, and blankets to encourage the body to release old patterns. This also means light touch, also known as "yoga assists", may be used. The intention of this approach is meant to be helpful and grounding for your experience. Please know this is an approach you opt in to, consent is important to me and I will not extend touch unless permission has been established. Open communication around touch is important and we will check in often regarding your comfort level and experience. The degree to which yoga is used in each session is dependent on you. For example, this could be 10-50 minutes of talk therapy and then we briefly discuss and explore various poses that could be beneficial to your goals. Or, the bulk of the session can be geared toward the practice of yoga and we have a brief conversational check in. The choice is always yours.

Please wear warm and comfortable clothing.

Client Signature: _____ Date: _____

Therapist Signature: _____ Date: _____

Melissa Myers, M.A., LMHCA, RYT