



Informed Consent and Office Policies

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Qualifications

MA in Expressive Arts Therapy, Lesley University, 2013

Reiki Master Practitioner, Reiki School and Clinic, 2009

Certified Youth Yoga Instructor, Yoga Child, 2007

BFA in Painting and Drawing, University of the Arts, 2003

The Practice

I work with children, families, and individual adults who are experiencing a variety of themes including, but not limited to: depression, anxiety, school issues, family dynamic challenges, parenting strain, relationship concerns, life transitions, trauma, shame/guilt, conflict resolution, communication issues, meaning making, emotional regulation, sensory processing issues, and transformation.

Woven into this practice is a working knowledge of a variety of complementary theories and healing arts modalities including:

- How the gut microbiome and brain are an allied axis;
- The impact of nutrition on mood;
- Mindfulness based stress reduction techniques;
- Energy medicine and energy healing;
- Lifestyle/nutrition coaching; and
- Sensory processing issues related to being a Highly Sensitive Person

I specialize in working with folks who are seeking an alternative experience to traditional talk therapy, where in the relational dynamic of weekly sessions we can tune in together to the alchemical process of healing via aesthetic and energetic expression.

Expressive Art Therapy Services

The process and practice of expressive arts therapy uses all forms of creative expression in treatment. Various expressions include and are not limited to: visual art, music, dance/movement, poetry, video, and psychodrama. The process and product of creating and expressing in this way provides opportunities to access deep internal information that you may not be able to express via verbal communication alone. This can be beneficial for any age. I am qualified to provide conventional therapy, and happy to engage in talk therapy with you if that is what you are comfortable with. I have specialized training in specific expressive arts therapy techniques including: painting, drawing, voice-work, piano, drumming, video, dance/movement and poetry. All forms of creative expression will be respected, valued, and nurtured. I am sensitive to the power of expressing from different aspects of self. These aspects may be: emotional, spiritual, archetypal, literal, and aesthetic. Expressive material will be observed without subjective judgment, or inappropriate interpretation.

Therapeutic Relationship

We will collaboratively work together to establish the purpose and goals of treatment. During the course of treatment we will reevaluate and assess if the purpose and goals need to be changed. Though we hope to move towards specific benchmarks, there is no guarantee that these goals will be reached. Don't be discouraged. It is important to know that sometimes the work that you do here may be the foundation for future work.

Contact between us will be limited to scheduling, in the treatment session, and emergency contact when necessary. If we happen to see each other out in the community, I will respect your privacy and give you the choice to say hello or not. For the collaborative work to be effective, this therapeutic relationship will maintain clear social boundaries. I acknowledge that you may search for me on the Internet, and social media platforms. No requests to "follow/friend" on any personal social media site will be accepted.

Benefits and Risks in Treatment

In all forms of treatment there are potential benefits and risks. I believe that the benefits outweigh the risks. Some benefits include: improved self-awareness, increased communication skills, ability to access innate ways to create healing, and progressive quality of life. Important risks to be aware of that may potentially arise during the therapeutic process include: intense emotions, increased depression, unearthed traumatic memories, and challenging reactions to creative material expressed. If there are specific mediums of creative expression that make you uncomfortable, inform me so that I may offer other options.

Reiki Energy Healing

The practice of reiki energy healing is a gentle non-manipulative, hands-on therapy that can be utilized as a tool for relaxation, stress reduction, and support in the process of healing. During a treatment you comfortably lay on a massage table while remaining fully clothed. In a typical session, the practitioner will place their hands on the major

chakras along the vertical centerline of the body, starting at the top of the person's head. At times the practitioner will not touch the person, instead hovering their hands above the clients body. If a client is not comfortable with touch at all, they may request to have a session completely with hands hovering over the physical body. As the practitioner, I am trained to be a channel for universal-spiritual-life force energy that has its own intelligence; therefore I will in essence, get out of the way of what the energy needs/wants to do. If a parent/guardian is interested in this service for a child younger than 14 years old, they are responsible to remain in the room for the duration of the reiki session. Reiki energy healing can be integrated into the expressive arts therapy session or you can schedule separate sessions for reiki. The intention of reiki energy healing is to be complementary to other forms of health care you may be currently engaging in and is not intended to diagnose or treat a medical condition. Reiki can also be offered remotely where the practitioner is able to conduct a reiki treatment at a distance.

Tele-mental Health

Distance and remote therapy sessions will be offered as needed. By consenting for treatment you understand that telemental health treatment consists of individual expressive arts therapy, consulting, and distance reiki treatments. The laws and limitations that protect the confidentiality of personal health information also apply to distance sessions (see below for more details on confidentiality). There are risks and consequences to telehealth. Including: (but not limited to), the transmission of your personal information could be disrupted or distorted by technical failures; the transmission of your personal information could be interrupted by unauthorized persons; and/or the electronic storage of your personal information could be accessed by unauthorized persons. This therapist will never record any virtual session, and asks that the consumer of this health care make no recording, either. It is important to note that there may be limitations to telehealth that might affect the quality of the session(s). These limitations could include but are not limited to the following:

1. Therapist cannot see you, your body language, or your non-verbal reactions to what is being discussed.
2. Due to technology limitations, therapist may not hear all of what you are saying and may need to ask you to repeat things.
3. Technology might fail before or during the session.
4. Although every effort is made to reduce confidentiality breaches, breaches may occur for various reasons.
5. To reduce the effect of these limitations, therapist may ask you to describe how you are feeling, thinking, and/or acting in more detail than would be asked during a face-to-face session. You may also feel that you need to describe your feelings, thoughts, and/or actions in more detail than you would during a face-to-face session.

Confidentiality

All communication including: verbal, written, and creative expression shall be kept confidential between the therapist and client. Be mindful that there are limits to the confidential communication of text messaging, and emailing. Communication between the therapist and client or therapist and parent/guardian will be released, used for

research or educational purposes, only with written permission given by the client or parent/guardian. An authorization to release information form will be completed for the therapist to collaborate with any additional providers that client or parent/guardian requests. In the case of a minor being the client working with the therapist, they will be asked first for permission to disclose information to their parent/guardian. In these circumstances if therapist discerns that what a minor has disclosed to them should be discussed with the parent, due to issues including but not limited to: safety, reckless behavior, bullying, etc. therapist will encourage the client to be the one to share with their parent/guardian first. If they refuse, the therapist will discuss with them why they may need to disclose information to their parent/guardian. Therapist will consult with the parent/guardian when needed and will still honor the confidentiality between the minor and therapist. There are certain situations where confidentiality will be breached. These limitations of confidentiality include: if the client reveals they plan to cause harm to themselves or someone else, child abuse or neglect, elder abuse, disabled person abuse, and court ordered subpoena. The law requires the break of confidentiality if these circumstances are revealed in therapy. The therapist may provide verbal warning indicating the need to inform a third party, if the therapist believes that someone's safety is at risk. All forms of creative expression will be securely kept, along with case notes in a client file. Expressive items will not be displayed in public sight. If needed, recordings of expressive movement, sound, or dramatic enactments will be kept in the client file.

Length of Treatment & Termination

Length of treatment varies from person to person and requires a personal commitment of at least a few consecutive months of treatment. Therapist and client will collaborate on prospective length of treatment towards their goals. Therapy is a process of unfolding and devoting weekly time to this practice is an extensive craft. The session length will vary based on the needs and availability. Termination is the decision that a client may make at any time. It is encouraged that the client will include the therapist in a conversation regarding the desire to terminate. There is a process to termination that may help assist clients in transitioning from the therapeutic relationship. If a client has not attended therapy for 3 consecutive weeks, or has not scheduled bi-weekly sessions in 1 month, the client will be automatically discharged from treatment. Therapist will attempt to reach out to clients to see if they are interested in continuing treatment. As needed therapy is available at the discretion of the therapist, and will be discussed with interested clients.

Fees

At each session you are responsible for payment of the total service fee. Session lengths are 50-80mins. All sessions are offered on an income based sliding scale. Proof of income is not necessary and should take into account joint/combined household income. Sliding scale fees for 50min session are as follows:

- 30K-under = \$80
- 30K-60K = \$100
- 60K-100K = \$130
- 100K-up = \$160

Fees are subject to change at any time. Accepted forms of payment include: Venmo, or credit card, (Venmo is the preferred form of payment). If a payment is not given at the time of service your credit card on file will be processed. Still Emerging Expressive Arts Therapy, LLC does not accept insurance. Therapist is a master's level clinician-pre-licensed professional and not credentialed with insurance providers. Clients are responsible to issue reimbursement claims to third parties including insurance companies. Therapist can provide a statement of service dates and fees within a three-week turn around. These forms are not a guarantee for reimbursement from your insurance company.

Scheduling and Cancellation

When possible, a mutually agreed upon consistent time/day for appointments will be implemented. If you are late for your appointment we will not be able to make up for lost time. There are occasionally situations that require an appointment to run over a few minutes. If needed, please reschedule or cancel the appointment with 24 hours notice. If 24 hours notice is not given your credit card on file will be charged the full fee for your missed appointment. There are limited circumstances where 24 hours notice may not need to be given, in cases of emergency or unforeseen life situations. In cases of illness, a canceled appointment without 24 hours notice will still be processed as a missed appointment. If you are able to reschedule the canceled appointment in the same week, there will be no charge for the missed appointment.

Communication

Parents/guardians may schedule consultation meetings as needed. In those sessions the typical fee structure applies. Therapist will collaborate with parents/guardians without breaching confidentiality with the child. Telephone and email contact are only to be made to schedule counseling appointments and emergency purposes, *unless when being utilized for telemental health treatment.* If direct contact is not made, and communication is based on an urgent I will return your call/email in a 24-48 hour time span. If communication is related to scheduling I will return your call/email within 72hrs. Please schedule appointments via the website: stillemerging.com. In the event of an emergency call 911. If you are in a crisis and are unable to reach me please call someone in your defined support system, or reach out to the national suicide prevention lifeline 1.800.273.8255 (TALK).

Emergency contact

Please provide the name and phone number of someone who can be contacted in case of an emergency. This person will not be contacted for any other circumstance.

Name	Relationship to Client	Phone

I have read the informed consent and discussed any questions that I might have. I understand my voluntary participation in treatment as well as my right to refuse services

and expressive directives. (These policies are subject to change at any time. Therapist will provide changes in writing.)

Client Signature	Date

Parent/Guardian Signature	Date

I have fully discussed this informed consent with the client.

Therapist Signature	Date