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Information & Consent for Yoga Therapy Treatment

Welcome! In order to promote a trusting and productive relationship, the following information is provided for your understanding and consent. Please read it carefully and jot down any questions you might have so that we can discuss them at our next meeting. When you sign this document, it will represent an agreement between us.

Services

Yoga therapy and its methods are based on the principles and practices of yoga, as well as published research and data on its efficacy in helping individual's to heal from physical, mental/emotional, and/or spiritual challenges. These methods are not yet considered standard treatments in mainstream medicine, clinical psychology, physical therapy, or psychotherapy.

Yoga therapy is categorized as complementary and alternative medicine (CAM), and its practitioners are not currently licensed, nor is the field regulated on a state or national level. It's important for you to know that I am not a licensed physician; AND, despite having a license as a mental health therapist, I will not, in this role, be working with you under my psychotherapy license, and will not be diagnosing any mental or physical illness.

I am currently in an 825-hour yoga therapy training with Juko Holiday, at Ease Mountain Yoga. Juko specializes in using yoga to support people looking to improve their mental health and wellbeing; she has a graduate degree and professional training in psychology, and is also a yoga teacher (RYT500) and certified yoga therapist (C-IAYT).

As a yoga therapist, I employ a variety of tools based in yogic philosophy, practices, and literature. Yoga therapy sessions typically begin with grounding practices to help you turn inward and identify your intentions for our time together. I then use tailored movement, breathing practices, restorative and assisted yoga postures, deep listening, guided self-inquiry, meditation, and other tools to address your needs. At times, touching or positioning of your body may be helpful for our work. I will always ask permission to touch you, and you are welcome to decline.

Yoga therapy is designed to benefit your health and to facilitate positive changes in your life by taking a whole-person approach to well-being, but it does not guarantee healing of any ailment and the tools we use may or may not be successful for you. I will check-in with you on a regular basis to take appropriate steps to keep our sessions productive and effective and to make adjustments as needed. Should any symptoms, pain, discomfort, or other concerns arise at any point during a session, please let me know right away.

Yoga, and the process of yoga therapy, is not without risks. Sometimes, the tools I have to offer are not a good fit for you at this time, or your complaints might become worse before they become better. The path is not a linear one, and it is highly dependent on your commitment to a personal and regular yoga practice. Please share any concerns or changes in your health that need attention so that I can make adjustments and referrals to other providers as needed.

In order for our work to be most successful, I ask you to commit to a regular yoga practice in-between our sessions. Your personal practice can take many different forms, and we will work together to find the right content, style, pace, and duration for your needs.

I encourage you to consult with your physician before starting yoga therapy, and to keep your doctor and other health care providers informed of our work as necessary, especially if you are currently under their care. I may ask you to secure a written waiver from your doctor or other provider before we work together, depending on your current health challenges and goals.

Confidentiality

Our communications are not protected by law, but I adhere to the same level of confidentiality required for licensed health care providers. For example, I will only release information about our work to others with your written permission unless I am compelled to by a court of law. There are some situations in which I am ethically obligated to take action to protect others from harm, even if I have to reveal information about our work without your consent:

- If I suspect or believe that a child, elderly person, or disabled person is being abused, I will contact the appropriate state agency.
- If I believe you are threatening serious bodily harm to another, I will contact law enforcement and may notify your potential victim.

- If I believe you may harm yourself, I will contact the appropriate outside support to keep you safe, which might include reaching out to your emergency contacts or getting support from local emergency services.

These situations have rarely occurred in my practice. If it does arise in the course of our work, I will make every effort to fully discuss it with you before taking any action. If you already have a personal crisis safety protocol in place, feel free to discuss and share it with me. I may occasionally find it helpful to consult other professionals about a case.

Our work is not covered by the Federal Health Insurance Portability and Accountability Act (HIPAA), but I do my best to comply with standard protocols. Whenever I store information about you electronically (for example, our appointments, notes from our sessions, Telehealth platform), it will be done with special safeguards to ensure confidentiality. If you communicate with me by email at some point in our work together, please be aware that email is not completely confidential.

Please note that it is my policy to not follow, friend, or respond to my clients on social media platforms.

Practice Policies & Contacting Me

I typically see clients every two weeks for 60-75 minutes. We may see each other more or less often depending on your needs.

You can call (831) 566-7273 to schedule an appointment, or email me at rebeccaroth.mft@gmail.com

I do charge the full fee for our session if you give me less than 24 hours notice. If you are late for a session, I am not required to extend the appointment to make up for lost time. All tele-health sessions must be pre-paid, and fees for office sessions are due at the time of our session. I offer sliding scale appointments, and encourage conversation about the fees you pay for my services. Yoga therapy is not currently covered by insurance.

I am not immediately available by phone, email, or text and I do not provide emergency services. However, I will do my best to get back to you within 24-48 hours, Monday-Friday. To protect your confidentiality, it's best to leave a voice message for me on my business line: (831) 566-7273. If for any reason you feel you are unable to keep yourself safe, and/or experience a life-threatening emergency, please go to the nearest hospital or emergency room or call 911.

Consent to Yoga Therapy California Senate Bill 577 enables alternative and complementary health care practitioners to provide therapeutic services and to advertise those services legally. As a CAM practitioner, I must also comply with certain requirements specified within the bill, including getting your signature acknowledging that you've received a copy of this client information form and that you give your consent to receive yoga therapy treatment. I am required to keep this signed acknowledgement on file for three (3) years.

I acknowledge that I have read this information and consent to receive yoga therapy treatment from Rebecca Roth. I understand that I may revoke my consent at any time.

Name:

Signature:

Date: