

OFFICE POLICIES, PRACTITIONER AND FEES INFORMATION:

Welcome! We look forward to working with you toward positive change. The purpose of this document is to let you know what you can expect from our services. It is important that you have a clear understanding of the information provided here. Please read carefully and ask questions.

CONFIDENTIALITY

Whatever you share with your provider during a private session is confidential information. We will not disclose personally identifying information about you to anyone without your written permission. In order to provide you with the best service possible, we may seek supervision and consultation from other health professionals, though identifying information remains confidential in these cases. Additionally, these professionals have the same obligation to maintain confidentiality that we do.

Exceptions to Confidentiality

Exceptions to confidentiality are meant to protect your interests and the interests of others. Only in the following circumstances would we be obligated by law to release confidential information:

- ∞ If your provider became aware of physical or sexual abuse, or neglect of a child or vulnerable adult
- ∞ If you give strong indications that you are likely to seriously harm yourself or another
- ∞ If your provider is served with a court order to share information with a judge or lawyer
- ∞ In the course of receiving regular professional consultation/supervision

We will encourage you to be the active person in making reports regarding abuse, neglect or self-harm. If we are obligated to release information, we will inform you of our intentions whenever possible.

APPROACH TO TREATMENT

Treatment will be holistic: Our providers use mental health counseling, Somatic Experiencing® or Organic Intelligence® nervous system regulation and nutrition therapies. The goal is to support a return to or improvement of the function of the physical, emotional, and spiritual body-mind system. Sometimes this process can uncover conscious and subconscious emotional, mental, and behavioral patterns that prevent you from converting knowledge into action and/or from making lasting change. With your permission, we can explore these patterns together through deeper counseling work. Our goal is to help you identify the area of greatest need and target it with the service that will most effectively guide you to improved wellness.

Your part is to let us know when you feel attention is needed in a particular area of your care. If you'd like to focus the work in a particular way, please be forthcoming with that information. You can change providers at any time and we encourage you to try our differing styles.

Therapy with Eliza Carlson

Eliza is both a Licensed Mental Health Counselor (LH60196405) and a Certified Nutritionist (NU00002004) with the State of Washington. Her collegiate education includes a Bachelor of Arts degree in clinical health psychology from Bastyr University and Master of Science degree in and nutrition science and clinical health psychology from Bastyr University. She also completed 3 years of training to earn the credentials of Somatic Experiencing Practitioner (SEP) from the Trauma Institute, founded by Peter Levine (www.traumahealing.org).

The theoretical orientations she uses include Buddhist Psychology/Mindfulness, Somatic Experiencing®, Organic Intelligence®, Interpersonal Psychology, and Cognitive-Behavioral Therapy, while incorporating creative and interactive techniques such as guided visualization, dream work, and Mindfulness Based Stress Reduction. Her focus is on helping individuals cultivate curiosity and self-compassion so that they may develop greater awareness, insight, and better coping skills around issues and stressors that interfere with personal evolution.

Areas that you may explore together include (but are not limited to) empowering and disempowering beliefs and experiences around your sense of purpose and meaning, self-worth, trauma history, food, exercise, body, lapses and relapses, success and failure, spirituality, sexuality, relationships (including the client-clinician relationship), and change. Because open and transparent communication is essential to the effectiveness of treatment, Eliza encourages regular constructive feedback from you on how this process is going for you, so that your treatment plan can be continually modified and optimized as you progress.

From a nutritional standpoint, treatment can involve food and supplement recommendations, as well as referrals and collaboration with outside providers to ensure that we have ruled out or are also addressing issues of physiological imbalance that may be contributing to your symptoms.

Therapy with Heather Powers

Before coming to Sound Mindfulness Group, Heather Powers, LICSW, SEP spent 5 years at the Wendt Center for Loss and Healing, an outstanding grief and trauma healing organization working with an enormous cross-section of the Washington, DC community. Her specialized skills include working with adults who have experienced intimate partner abuse / domestic violence as adults and/or as children. For 7 years she worked alongside lawyers, case managers, and other therapists to support survivors of abuse.

She graduated from the University of Chicago with her masters in social work in 2004 and completed the Somatic Experiencing Trauma Institute's qualifications in 2009, becoming a Somatic Experiencing Practitioner. Heather has experience supporting those healing from many types of trauma, grief, and distress: Her clients have frequently dealt with depression, anxiety, anger, avoidance, physiological symptoms, and self injurious beliefs or behaviors. She observes and engages the body's felt sense to promote psycho-physiological health and transformation with compassion, hope, and a belief in possibility.

Heather practices psychotherapy by supporting people in finding their inner resilience to achieve growth. Her intrinsic belief in healing enables her to hold hope and possibility for her clients and to support them as they grow in their strength and capacity to hold these for themselves.

Somatic Experiencing® Informed Consent

Eliza Carlson, LMHC, CN, SEP and Heather Powers, LICSW, SEP both use Somatic Experiencing (SE) as a therapeutic intervention. SE is a short-term naturalistic approach to the resolution and healing of trauma developed by Dr. Peter Levine and is supported by research. It is based upon the observation that wild prey animals, though threatened routinely, are rarely traumatized. Animals in the wild utilize innate mechanisms to regulate and discharge the high levels of energy arousal associated with self protective survival behaviors. These mechanisms provide animals with a built-in “immunity” to trauma that enables them to return to normal in the aftermath of highly charged life-threatening experiences.

- SE employs awareness of body sensation to help people "renegotiate" and heal rather than re-live or re-enact trauma.
- SE's guidance of the bodily "felt sense," allows the highly aroused survival energies to be safely experienced and gradually discharged.
- SE may employ touch in support of the renegotiation process. Your provider will always ask permission before offering any touch and the client is welcome to decline physical contact.
- SE “titrates” experience (breaks down into small, incremental steps), rather than evoking catharsis - which can overwhelm the regulatory mechanisms of the organism.

For more information about SE please note the following references:

Levine, P. and Frederick, A. (1997). *Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences*. Berkeley, CA: North Atlantic Books.

Kline, M. and Levine, P. (2007). *Trauma Through A Child's Eyes: Awakening the Ordinary Miracle of Healing*. Berkeley, CA: North Atlantic Books.

Van der Kolk, B. (2015). *The Body Keeps the Score*. New York, NY: Penguin Books.

For further references and information online about SE go to <http://www.traumahealing.com>

SE can result in a number of benefits to you, such as relief of post-traumatic stress symptoms, increased resiliency, and resourcefulness. Like any other treatment it may also have unintended negative side effects, such as sleep disturbances, frightening memories, or unfamiliar and uncomfortable body sensations. Such reactions are not uncommon and can be attended to in the course of our work together. Eliza Carlson and Heather Powers have each completed a 3 year training through the Somatic Experiencing Trauma Institute that included live didactic learning, group practice sessions, group and individual case consultation, video lessons, and many one-on-one sessions in the client role.

It is your responsibility to tell your provider if you are uncomfortable with any parts of the treatment. If you have any questions about SE or other treatments, please ask and we will do our best to answer your questions in full. You have the right to refuse or terminate treatment at all times, or to refuse touch, SE techniques, or any other intervention your provider may propose or employ.

FEES

- Insurance copays or full payment (if no insurance) is due at the beginning of each session.
- Cash or check is preferred; credit and debit cards are accepted.
- Clients are responsible for all fees not covered by insurance; it is the client's responsibility to determine insurance benefits and coverage.

| | Eliza Carlson, LMHC, CN, SEP | Heather Powers LICSW, SEP |
|---|-------------------------------------|----------------------------------|
| <i>For those using insurance:</i> | | |
| initial visit | \$215 | \$215 |
| ongoing visits | \$165 | \$165 |
| <i>Discounted for those paying with cash, check, credit/debit card at the time of service:</i> | | |
| initial visit | \$190 | \$190 |
| ongoing visits | \$165 | \$165 |
| 4 visits, prepaid | \$588 | \$588 |
| Sliding scale? | not at this time | please inquire |

APPOINTMENT CANCELLATION POLICY

- Clients can cancel an appointment, without penalty, as long as more than 48-hour advanced notice is provided via phone message, text, or email.
- This policy is not intended to be punitive. It is rare that appointment vacancies that open up with less than 48-hour notice can be filled by others. Therefore, enforcing this cancellation policy is critical to the viability of our small business.

If you provide less than 48-hour notice or you do not show up for your appointment, regardless of the reason, you have the following two options:

1. Reschedule later in the day or on next business day; this option is only available if there are openings in the therapist's schedule.
2. Pay out-of-pocket for the full price of the session. Note that missed sessions cannot be billed to insurance companies. Client credit card information will be held on file and will be used to pay for sessions in which inadequate cancellation notice is provided.

Exceptions to this policy:

Payment for less than 48-hour notice is not required for the following: 1) up to three cancellations without rescheduling in a calendar year due to acute illness; 2) hazardous weather conditions making it unsafe for you to get to the office 3) Unexpected loss of internet connection just before or during telemedicine visit (option to switch to phone visit will be offered before cancelling/rescheduling)

Please note that we are not able to waive this policy for other reasons that might arise including unexpected work demands, transportation difficulties, family healthcare needs, childcare coverage, change of plans, frequent acute illnesses requiring more than 3 cancellations in a calendar year, travel delays, etc.

REQUIREMENTS TO RETAIN YOUR RESERVED APPOINTMENT TIME

- Therapy requires a significant commitment of time, effort, expense, whole-heartedness, and intention on the part of both the client and the therapist to be able to meet the goals of therapy. Consistent attendance for therapy sessions has a critical impact on your therapeutic progress.
- A dedicated weekly or every other week appointment has been established for you.
- Frequent cancellation of your appointments, even with adequate notice, will not serve your therapeutic goals nor keep our small practice viable.
- We are unable to continue to reserve appointment times for individuals who do not consistently show up for their appointments.
- Clients who forfeit their regularly scheduled time are welcome to continue therapy by scheduling online into open slots on the therapist's schedule.

Clients will forfeit their reserved appointment time if they:

- 1. Attend less than 70% of scheduled appointments over the previous three month period, even with adequate 48-hour cancellation notice.**
- 2. Miss more than three consecutive sessions in a row. In the event the client will be away for more than three weeks at a time and the client wishes to retain the appointment time into the future, payment must be made for missed sessions beyond 3 weeks.**

EMERGENCY CONTACT

Should you need immediate assistance, please contact the King County Crisis line at 206-461-3222.