

Susanna Smart RN, MSN, HNB-BC, Certified Rosen Method Bodywork Practitioner
Informed Consent for Bodywork

We humans are holistic beings - composed of thoughts, feelings, memories, images, sensations, beliefs, interpretations, physiology, behaviors, subtle energies, and more. These aspects are not separable. When we work with the body, we are contacting the whole person.

The body and mind like to relax, and bodywork supports this natural process. The body has its own wisdom, and we can learn from it by slowing down, attending, respecting, and listening without judgment. We move from our head back into the body. The following bodywork approaches are not about "fixing" or forcing change. Changes, such as relaxation and letting go, come from within, in their own time, when facilitated and allowed. It is said that relaxation is the gateway to awareness, and awareness is the gateway to transformation. In this sense, all bodywork has the potential to be transformative.

Each of these bodywork approaches encourage a mindful attitude of interest, curiosity, willingness, kindness and acceptance toward the body and our experience. The body is allowed to respond in its own time. You are encouraged to witness your body-mind relationship without trying to make it different. Moments of relaxation are mindfully witnessed as new possibility of ease and freedom emerges.

Three types of bodywork:

Relaxation Massage: Esalen massage and other relaxation massage methods include slow, gentle, and connective strokes to encourage deep relaxation. Sessions support a letting go of tensions and encourage a sense of wholesome wholeness. The intention is to soothe and comfort, and to support relaxation through moving from our heads back into the body, with joy and celebration.

Integrative Mindfulness-Based Bodywork: weaves together multiple bodywork approaches (see my background below for details) to facilitate relaxation, awareness and ease in the body, and allows for exploration of areas of particular interest. The bodywork explores the body, awakening awareness and creating a more vivid sense of the embodied experience.

Rosen Method Bodywork Rosen Method supports relaxation, awareness, and a transformation that emerges from within. Rosen touch and verbal cues work with the spontaneous breath and guide awareness to areas of chronic holding. The quality of touch is gentle and often described as a *listening touch*. People often use this work to enhance personal growth. It can complement psychospiritual disciplines and talk therapy. The founder, Marion Rosen is quoted as saying, "This work is about transformation – from the person we think we are to the person we really are." To make the most of Rosen Method, talk with me prior to scheduling.

Potential benefits of Relaxation Massage and Bodywork:

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| <ul style="list-style-type: none">• improved body awareness and acceptance• greater appreciation of self and of life as it is• deeper experience of relaxation• decreased stress• increased inspiration and creativity | <ul style="list-style-type: none">• increased emotional and cognitive self-awareness and acceptance• sense of integration of body, mind, emotion, and spirit• support for spiritual practices and personal growth |
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Bodywork is not always suitable. Each person's capacities, interests, and previous experiences influence how they receive. Bodywork is not recommended during a time when a person is experiencing: intolerance or aversion to touch, psychosis, self-injury, or urges to harm self or others.

Initial interview process includes talking about you and your goals for the session. You can inform me about your needs. For example, people who have experienced abusive touch in their lives can have sensitivities to touch; it is helpful to talk about how to modify the session to promote a feeling of safety. Please note that some physical or psychological conditions may require written notification from your healthcare provider indicating no objection to this work.

Co-creating Safe and Sacred Space for experience

A trusting relationship between practitioner and client provides the foundation for the work so that sessions become a *safe and sacred space* to be oneself without pretense. This trust is co-created by both people. Simply being on the table can take some courage because we may "feel seen" and vulnerable. Sharing from one's authentic self can bring relief, but it can also raise feelings of embarrassment or vulnerability. When feelings like this or self-judgments arise, we can acknowledge them in the session and practice mindfully bringing kind attention back to the body, in the moment. Experiencing multiple sessions allows trust to develop.

The verbal aspect of the work is different from everyday talk. It helps steer attention to the mindful, experience in the body. After a time of reflection, it can be helpful to begin to put the experience to words. You may wish to continue to explore your experiences with a good friend, talk therapist, or spiritual teacher.

Feeling different. People want to feel different with bodywork. The state of deep relaxation and awareness is different from everyday awareness. Sometimes, people find this altered state of awareness

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disconcerting. If you do, let me know so I can assist you with. You might allow time after your session without pressure to resume responsibilities. Taking time to enjoy the often subtle and expansive feelings of relaxation can help "teach" the body that it is possible to live with less tension. People sometimes do activities like talk therapy, dancing, walking, dreaming, journaling, or sharing with a friend to further integrate these experiences.

Confidentiality: Your confidentiality is maintained according to standards of professional ethics, and as prescribed by and limited by the law. For example, under the law, if you or someone else is at risk of harm to health or safety (such as possible abuse, neglect, domestic violence, or crime), your practitioner is required to disclose adequate information to law enforcement to assist protection of those at risk.

About pain: Touch should not cause pain. Upon your request, touch may explore a painful area of your body, with the goal of increasing awareness and relaxation. While relaxation and awareness can have a side effect of reduced pain, the touch is not intended to "treat" or "fix" pain; other therapies would be recommended for these goals.

About touch and privacy: Care is taken to maintain your privacy, and touch is never sexual in nature. Touch in massage or integrative bodywork is intended to support a wholistic awareness of the body. You can opt out of touch in specific areas by letting me know. Rosen Bodywork works with the breath; muscles of respiration are located in the chest area, near the breasts.

What to wear? Oil may be used with massage or bodywork, although Rosen sessions do not usually use oil. Clients may choose to wear loose clothing. Consider fabrics that feel good to your skin. Belts and bras are removed for comfort and ease in breathing. In addition, you are draped with linens for privacy and comfort.

Boundaries: Unlike the two-way sharing of friendships, sessions focus on you to create an oasis for you to center and re-connect with your wholeness.

Discontinuing: You can discontinue your session at anytime. The practitioner is obliged to discontinue sessions if it is believed that continuing them may be detrimental.

Qualifications: Beginning in the early 1970's in the San Francisco Bay Area, Susanna studied several forms of massage and bodywork. She was certified in massage in 1980 and in Rosen Method Bodywork in 1997 (a three-year training including didactic and hands-on instruction, personal and supervised sessions, and a practicum). Susanna has taught massage to nurses, students in massage school, and lay people. She has assisted teaching in Rosen trainings and taught introductory workshops to health care providers and bodyworkers. She has provided bodywork in private practice and in inpatient and outpatient hospital settings. Her bodywork practice is informed by studies and personal practices in meditation and yoga. Susanna is a doctoral candidate with research focus of Rosen Method Bodywork. Over the years, she has been an active member of several professional organizations, including: Rosen Method Professional Association, American Holistic Nurses Association, American Nurses Association and of the Associated Bodywork and Massage Professionals, American Council of Hypnotist Examiners, and the Biofeedback Certification International Alliance. Susanna does not hold an Ohio massage license and does not claim to provide therapeutic massage as defined by that license. She is a board certified holistic nurse by the national American Holistic Nurses' Certification Association and she practices bodywork as a holistic nurse, based on training in multiple holistic approaches, including: Esalen massage, Tragering, polarity, acupressure, Healing Touch, Reiki, Therapeutic Touch, Rosen Method Bodywork, guided imagery, mindfulness, yoga, and meditation. Several holistic nursing theories provide theoretical underpinnings for her work, including though not exclusively: Carper's Patterns of Knowing, Martha Roger's Science of Unitary Human Beings, Margaret Newman's Health as Expanding Consciousness, Barbara Dossey's Integral Theory of Nursing, and Jean Watson's Human Science and Human Care.

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Client Agreement - Relaxation Massage, Integrative Bodywork & Rosen Method Bodywork

- I have read, understood, and been provided a copy of the *Informed Consent* and the *Privacy Policy (HIPAA)* information.
- I understand that my privacy is protected as required under the Health Insurance Portability and Accountability Act and will be maintained unless limited by law. I understand that Susanna may call me by my name in the waiting room or otherwise acknowledge me as a bodywork client in a public venue, but that my personal information, including health information will not be shared, as protected by HIPAA, and personal and professional ethical standards.
- I will immediately inform my practitioner if I experience an unusual sensation or discomfort during the session so that the touch can be adjusted to fit my level of comfort.
- I understand that what I share in sessions is mine and will be treated with professional confidentiality according to HIPAA, except as limited by law, as in cases of risk of harm to myself or another. I authorized *Releases of Information* for emergency contact and otherwise, as needed.
- I agree to fully and confidentially disclose personal information as requested during the initial interview including physical and mental health information, and I will provide updates, as indicated. I understand that my doctor's permission may be required if I have certain diagnoses. I have fully provided the above information in order to inform Susanna of my health issues and personal preferences. I agree to inform her of additional concerns as they arise.
- I understand that working together occurs by continued mutual agreement. I choose to participate now by receiving relaxation massage and/or bodywork. I understand that either person may freely discontinue sessions at any time.
- I understand the goal of bodywork is to promote relaxation and awareness and that while sessions may benefit my wellbeing, this service does not constitute nor substitute for physical or mental health assessment, advice or treatment.
- I understand that the talk does not constitute analysis or psychotherapy, but rather is educational and reflective, with the intention of supporting my relaxation and awareness. I understand that these sessions do not constitute provision of psychiatric nursing assessment, advice or treatment.
- I understand that bodywork involves both touch and talk. I understand that the touch is according to ethical and professional bodywork standards and standards of holistic nursing, and is never sexual.
- I understand that relaxation massage differs from therapeutic massage. Relaxation massage is for relaxation rather than treatment of pain or other concern. I understand that Susanna is not a Licensed Massage Therapist, but rather is trained in massage, bodywork, and holistic nursing, and that she offers touch services under her nursing license.
- I understand that bodywork can promote awareness, including awareness of distress. I agree to discuss any inform Susanna if I feel distress so we can respond, in my best interest. I agree to contact my support system to address any issues that arise during bodywork. My support system includes: _____
- I give permission to contact the following person(s) in case of emergency or per my request: (name & phone #) _____
- I give permission to contact me by: phone, voice mail, text, email or regular mail.
- If participant is under 18 years old, the legal guardian must sign this form, as well.

My Name (print): _____ Age: ____ Address: _____

Phone: _____ Email: _____

Signature: _____ Date: _____

I, _____, am legal guardian for the above-named individual and I permit him/her to participate in this activity. My contact information is:

Legal Guardian (print): _____ Address: _____

Phone: _____ Email: _____

Signature: _____ Date: _____

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