

Public Disclosure and Informed Consent

Effective: April 1, 2021

By: Robin Robitaille, NBCMT, PBP, owner of Branches of Wellness

I have recently updated my disclosure and informed consent forms to further clarify my business policies and practices. Please read all updates below. If you have not done so, I ask you to please update your health history form from:

https://branchesofwellnessvt.com/wp/wp-content/uploads/2023/07/bowenwork_client_intake_form.pdf

BUSINESS POLICIES/INFORMED CONSENT- PLEASE READ CAREFULLY!

Therapist Training & Experience / Limitations of Massage Therapy

In 2008 I completed a minimum of 500 hours of massage training from a National approved school located in VT and passed the certification requirements. My initial training included: Swedish massage, deep-tissue and shiatsu. After graduation I continued further training techniques to include Cranial Sacral, Thai massage (this style includes stretching and light compression), Hot Stones, Myofascial Release, Sound Therapy, Reiki with my completion of the National Board Certified Massage Therapy in 2012. I completed my Professional Bowen Therapy training in 2018 and have continued studies in different modalities of Bowen Therapy. My current studies are in Emmett Therapy. Massage therapists do not diagnose medical diseases or musculoskeletal conditions. Massage therapy is not a substitute for medical examination and or treatment. Massage therapists do not prescribe herbs or drugs, including aspirin or ibuprofen, or medical treatments. They do not perform spinal adjustments and they cannot counsel clients about emotional or spiritual issues as would be provided by a mental health professional or spiritual leader. If you experience symptoms that lead you to believe you may have a medical condition, it is recommended that you visit a physician for diagnosis and treatment.

Expectations and Rights

The client is expected to demonstrate good hygiene and not use illegal drugs or alcohol before the session (the use of drugs and alcohol make it unsafe for a client to receive massage). Clients and therapists are expected to refrain from any behavior of a sexual nature, including sexual jokes, nicknames, or immodest conduct. Sexual behavior from the therapist toward a client may lead to a formal complaint filed with the state board of massage. This may lead to the loss of the therapist's certification. Sexual behavior from the client toward the therapist is inappropriate and will lead to the termination of the session and refusal of further service. The client has a right to prompt, professional service in an environment that is clean, private, and safe. Client information is not shared with any members of the public or other health-care providers unless the client releases the information in writing. A court of law may order the client's health-care records released to the court as part of a legal proceeding. Therapists are obligated to report information about the abuse of a child, elderly person, or mentally or physically challenged person in the event that such information is related during the session. Therapists are obligated to report threats of self-harm, or threats that the client plans to harm another person, to authorities. The client has the right to end the session at any time should they feel dissatisfied or uncomfortable with the session in any way. Formal complaints can be filed with the state on their website: <https://legislature.vermont.gov>

Your Massage Session and Adverse Massage Reactions

Massage may lead to adverse reactions in certain situations or when used with certain conditions or medications. After you complete the health intake form, I will evaluate your health-history intake and I may ask questions to ensure that it is safe for you to receive massage. In the event that I feel uncertain that massage will be of benefit to you, I may ask you to provide a note from your physician stating that it is safe for you to receive massage. Please provide complete details of medical conditions and medications on the health-intake interview. Failure to inform me of all medical conditions and medications may place you at increased risk for adverse reactions. After we complete the interview process, I will take you to a private treatment room, review the form with you, and discuss your goals for the session. I will customize the massage to meet your specific needs within the limits of my training and scope of practice. I will then leave the room while you undress and position yourself under the drape on the massage table. Only the area being massaged at the time is undraped as the session proceeds. The breasts, genitals, and anus are never undraped during a session, and every effort is made to respect and protect both the client's and therapist's modesty. You may leave on your underclothing if you prefer. I will ask you a few questions—for instance, about the comfort of the stroke pressure, room temperature, or choice of session music—and you should let me know immediately if you are not comfortable.

Business Policies and Practices- 24 HOUR CANCELLATION POLICY!

You may book a 60 or 90 minute massage session online at www.branchesofwellness.fullslate.com I accept cash, personal checks, and all major credit cards, Paypal or Venmo. At the time of booking, I do not require a valid/current Credit Card to be on file for late cancellations. Clients arriving late will still be charged for the full session time booked and the session will end promptly at the scheduled time. Clients must cancel sessions with 24 hours notice or pay the \$40 late cancellation fee, appointments cancelled within 3 hours will be charged the full cost of the session. Returned checks will be charged a \$20 processing fee. I do not bill medical insurance companies for services, I do however bill for workmen's compensation or auto insurance injuries. For new guests needing to complete health form/consent at the center, plan to arrive at least 15 minutes before your start time. Business hours are Monday 9:00am to 12:00 pm, Tuesday-Friday 9:00 am to 5:00 pm. I am located at 4 Kellogg Road, Essex Jct. Children and teens are welcome, but an adult guardian must be present with those under the age of 15 in the treatment room throughout the session. A tip to the therapist for exceptional service is optional, but appreciated.

Please download this page, sign and bring this page in with you at your 1st appointment.

I, _____ have read and clearly understand the attached **BUSINESS POLICIES/INFORMED CONSENT** form detailed by Branches of Wellness Therapeutic Massage and Bodywork, and I would like to receive a massage/bodywork session or request a session for my child or dependent. I understand the benefits and limits of massage/bodywork and understand my session may cause adverse reactions in certain situations. If I experience any discomfort during the session, I will immediately inform my therapist so she can modify the massage session or strokes. I understand the massage therapist does not diagnose diseases or conditions, nor prescribes medications or treatments, nor performs spinal adjustments. I recognize massage/bodywork is not a substitute for medical treatment and should I need medical treatment, I will seek out the appropriate healthcare professional (physician, chiropractor, etc.). I understand that it is my responsibility to keep the massage therapist informed of any changes in my (or my child's or dependent's) health status, diagnosed medical conditions and or medications. I understand that failure to inform the therapist of these changes may place me (or my child or dependent) at greater risk of adverse reactions to massage/bodywork. I release Robin Robitaille, NBCMT of any liability if I fail to disclose the appropriate health-related information. I understand that in order to book appointments at Branches of Wellness, I need a valid/current credit card stored on my client profile. I understand Branches of Wellness will charge a \$40 fee for cancelling within 24 hours and charge full price for sessions cancelled with 3 hours or if I no call/no show. I understand that Branches of Wellness is a center focused on **THERAPEUTIC MASSAGE ONLY. Any sexual advances, innuendo or inappropriate touch is EXPRESSLY FORBIDDEN.**

Signed: _____

Dated: _____