

Dov Tiefenbach Consent and Information

Core Energetics Practitioner

INTENTION: To co-create a safe environment for your inner-growth-work. To help you move towards greater confidence and self-awareness. To help release what blocks you from attaining what you want most in life. To facilitate the processing of trauma towards the integration of mind/body/soul. To keep your highest self in the room and welcome all parts of you.

WORKING WITH ME: My principal method of practice is Core Energetics and I am currently a fourth year student at the Institute of Core Energetics. I offer individual sessions.

Core Energetics is a dynamic form of Body-Centered Psychotherapy. Unifying the body and mind as one flowing system, Core Energetics works with how we hold trauma and unconscious attitudes and defences against life. CE works with the physical, mental and spiritual blocks which inhibit us from living fully energized lives.

Core Energetics incorporates techniques from psychotherapy while going further, harnessing the insights of talk therapy, then *working through* issues on the level that they are calcified—the body. Through a combination of movement, talk, mindfulness and transcendent experience, we process difficulties, blocks and trauma, so that you can lead a more fulfilling and enjoyable life.

This work can bring uncomfortable feelings and emotions which have been long disowned. I will do my very best to create a safe container for your experiences and support you in grounding and integrating feelings. This integration helps us grow and embrace more of who we really are.

Core Energetics work involves frequent use of touch (i.e. a hand on the back, a massage of a tight calf muscle) to build mindfulness, move stagnant energy, and release chronically held muscles. This touch is non-sexual and, like all other elements of our work together, can always be stopped.

LOGISTICS: My sessions are 55 minutes and cost \$80/session. We can work either in person or online with ZOOM. Due to the nature of the work I suggest you wear something comfortable to move around in (i.e. athletic clothes, sweats, etc.)

CONFIDENTIALITY: All of our work is completely confidential. The only person I may discuss our work with would be a therapeutic supervisor or supervision group, and I would never identify you personally.

Please be aware that there are certain conditions in which the law requires that I break confidentiality which are as follows:

- If you present an imminent danger to yourself.
- If you present an imminent danger to another person.
- If there is reason to believe that child or elder abuse or neglect is present.

YOUR COMMITMENTS:

- Showing up on time.
- Being free of any intoxicants.
- Reporting of any physical limitations or discomforts that may or do interfere with a session.
- Letting me know of any other work you're doing - i.e. therapy, couples counseling, medicine circles, etc.
- Notifying me of any change in contact information, medical information, medication, physical limitations, living situation
- Canceling within 48 hours (cancellation policy below)
- Letting me know if you have any questions!

CANCELTATION POLICY: If you fail to cancel a scheduled appointment, this time cannot be used for another client. Therefore you will be billed for the entire cost of the service. Please cancel within 48 hours.

PAYMENT: Payment of \$80 per session can be paid by Venmo, E-Transfer or Cash after each session. In circumstances of financial hardship, I may be willing to negotiate a fee adjustment or instalment payment plan, but such an arrangement must be clearly discussed and agreed upon in advance.

LIMITS OF PRACTICE: As you enter this exciting and expansive personal and transformational experience, I want you to be informed about the following:

- Core Energetics is not a form of medical treatment, nor is it in the category of traditional psychotherapy or counselling.
- As such I do not claim that Core Energetics be used as a substitute for any of these. If you are considering working with a psychologist, psychiatrist, psychotherapist, or counsellor, you are certainly welcome to discuss this decision with me; however the decision is entirely up to you.
- Core Energetics process work can bring up unwanted personal feelings. For some people, the work may elicit emotional, physical, or spiritual changes that may be uncomfortable, disturbing and/or surprising.
- You must be aware that movement of any form may create a certain risk of physical injury (accidents or physical strain) and/or emotional distress. You must be willing to assume this risk personally.
- You will be fully responsible and are free to refuse any intervention at any time.
- You understand there may be physical contact, and you may be touched. Touch is therapeutic and non-sexual.
- You understand there are no guarantees in the work. Emotional imbalances, life struggles, or physical conditions MAY or MAY NOT change or disappear as a result of our work.
- You are aware that Dov Tiefenbach is not licensed mental health provider. Dov Tiefenbach is a Core Energetics Practitioner in training.
- You will not use and be under the influence of alcohol or drugs in a session.
- Your confidentiality will be completely respected and honored.
- By signing this form you accept and agree to the above statements, and you release Dov Tiefenbach from all legal liability, and you also consent to participation in the Core Energetics process.

Consent and Agreement: I have read and understand the above. I agree to uphold my responsibilities. All of my questions have been answered. I give my consent to work with Dov Tiefenbach. I take responsibility for choosing to participate in various aspects of this work on an ongoing basis. In other words, I may choose to opt out of any experiential exercise offered, at any time

Name of Client

Signature

Date