



Root & Branch

HEALING

INFORMED CONSENT

Thank you for your interest in my practice. The following information is for clarity on the scope of my work, and my approach to massage therapy. If you have any questions, please do not hesitate to ask.

I am a graduate of Elements of Healing School of Massage, a certification program based in Traditional Chinese Medicine (TCM) and Asian bodywork therapy. The theory of TCM has given me the tools to approach the body as a whole, offering a unique approach to a massage specific to your needs. With two years of applied learning at around 950 hours of training I have based my offerings on this education.

Traditional Chinese Medicine (TCM) and the different diagnostic tests associated with the medicine is what makes my practice unique. Along with a verbal intake, I also feel your pulse, belly and look at your tongue. I hope to gain knowledge of your health history, what your current goals are, so I can tailor a treatment that is supportive.

Because of my background in TCM, it allows me to understand the body as a whole, and it benefits you as the patient because I can support you in improving many issues in the body beyond muscle tension, if that is what your goal is. By massaging the soft tissue we are stimulating the flow and improving the circulation of blood, fluids, and qi (energy), and together can help gain balance in your body.

The types of massage that I am currently offering are *Amma* and *Shiatsu*.

Amma therapy is one of the oldest forms of massage to come out of Asia, and is a type of bodywork that uses circular digital and circular thumb pressure that meets the points of tension in the body to help relax muscles. The massage follows the meridians of the body. Amma Therapy is done on a massage table, where you may disrobe to your comfort level and be draped professionally to maintain modesty.

Shiatsu is done with the patient fully clothed (in loose clothing), on a floor mat, using the practitioner's fingers, palms, elbows, and forearms to stimulate points along the meridians of the body. The pressure is more static and involves stretching the body at the same time. By using breath, pressure and movement, the body of the patient and practitioner work together to increase overall flow and circulation in the body.

I am also trained in some adjunct therapies that can be used in the session, including Cupping, Gua Sha, Tuina and Moxibustion.

Some benefits from these therapies are increased relaxation; enhanced mood; promotes better circulation; reduces tension and pain in muscles, ligaments, and joints; decreases stress and anxiety, and aids in digestion, to name a few. With this in mind, every person's body is different and receives the therapy in its own way, therefore the outcome is undetermined.

Currently I am offering new patient sessions at 1.5 or 2 hours. From this session you can expect a 30 minute conversation about your health history, the reasons you are here today, your health goals, and a 60/90 minute massage.

You will see the most benefit from continuing this work over time, however this is entirely up to you. I offer 60 min, 75 min, and 90 min follow up sessions. Rates and forms can all be found on my website, www.rootandbranchhealing.com.

If you would like to cancel your appointment, please give 24 hours notice, or you might be charged for the appointment. Please keep in mind that your appointment is set for an allotted time. If you are late, the allotted time does not extend.

Any inappropriate behavior will result in the immediate termination of the session. If you wish to end the session, or your work with me as a bodywork therapist, you may do so at any time. All personal information will remain confidential.

Hours are limited, please inquire about availability by calling 603-759-4264 or email me at rootandbranchhealing@gmail.com. For more information about my practice visit www.rootandbranchhealing.com

I currently accept cash, check, venmo, and credit/debit cards.

I have read and understand this consent form. It is my choice to receive massage therapy. I am aware of the benefits and risks of massage and give my consent for the treatment.

Name: _____

Signature: _____

Date: _____

If under 18, Parent/Guardian Signature:

Name: _____

Signature: _____

Date: _____