

Birthstone Trauma Healing Informed Consent

Welcome to Birthstone Trauma Healing! Thank you for your willingness to grow and heal. It is a joy to walk with you through the healing process, and to help you experience deep, lasting change!

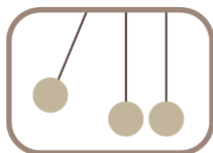
Client service agreement. This document serves as a Therapist-Client Service Agreement and informed consent for your services here. It contains essential information about individual therapy and the policies and procedures of Birthstone Trauma Healing, LLC. It also contains a summary of information about your rights as a client at Birthstone. While this document is a bit long and complex, it is important that you carefully read it in so that you begin your healing and growth process with a complete understanding of the tailored approach taken here at Birthstone. This Consent Form represents an agreement between us. We can discuss any questions you have at any time.

Therapist introduction. My name is Tim Sosin, and I am your therapist and guide at Birthstone Trauma Healing. My specialization is in the advanced treatment of trauma and developmental wounds and how they impact the body, mind and spirit. I am a Licensed Professional Counselor in Pennsylvania, Virginia and New Jersey. I also hold a credential as a National Certified Counselor and as an EMDRIA Certified Therapist, which certifies me to utilize a powerful therapeutic tool called EMDR (Eye Movement Desensitization Reprocessing). I will explain EMDR in detail within this document so you will understand how it is utilized within therapy sessions at Birthstone.

Therapeutic approach. My therapeutic approach is based on the Adaptive Information Processing Model (AIP) housed within the EMDR treatment modality. I provide Attachment-Focused EMDR, and my work also intersects with Narrative Therapy, Trust-Based Relational Interventions (TBRI), and Schema-Focused Therapy. These models allow us to take a deep dive into issues together, creating *change that lasts*. Some presenting concerns do not go away with the ‘mind over matter’ approach to therapy. You may need something more, which is what I am devoted to providing.

Services at Birthstone Trauma Healing

Individual Therapy. Individual sessions are 55 minutes in length. We make a weekly or biweekly commitment to meet together to grow and heal based on your specific needs and goals. We start with the intake and assessment process, which allows me to get to know you and what you need within an individual therapy relationship. We collaborate together to create a solid plan to help you move towards change in creative and efficient ways, and then meet regularly. Throughout your individual therapy sessions, we commit to going to the root of the presenting issues that brought you to Birthstone. We travel along this road together, building safety, confidence and agency. You have what it takes to experience the change you want to see in your



life, and individual therapy is a great way to realize that change within the context of a safe, healing environment. Throughout the duration of therapy, we continuously evaluate your needs and progress. Once we have decided that goals have been met, we engage in transition/discharge planning so that you can move forward, using therapy as a springboard into new ways of living and relating.

Trauma Healing Intensives. Birthstone provides a unique, advanced therapeutic service called a Trauma-Healing Intensive. Trauma-Healing Intensives are day-long therapeutic experiences tailored to your needs and to your individualized experience of trauma and developmental wounds. Intensives are designed to provide you with deep healing and change through evidence-based trauma therapy coupled with an environment and length of time conducive for more progress than one would make in a traditional therapy format with weekly or bi-weekly sessions. Intensives are a specialized form of trauma treatment designed for anyone with past experiences and wounds that hold them back from living a full, peaceful life due to symptoms that correspond to past traumatic experiences and developmental injuries. I provide four-hour and eight-hour intensives along with options for after-care following this unique, transformative intervention.

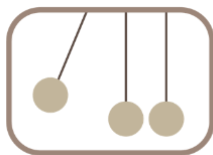
Issues Treated at Birthstone Trauma Healing

Healing at the root. While I specialize in trauma-work, you may not be entering into therapy at Birthstone specifically for trauma-related issues. This is totally fine! We will evaluate your needs, and how to go to the root to promote change. It is important to note that trauma is more than an adverse experience, but *anything* that changes how we view the world, ourselves and others. Anything that has separated us from our authentic selves is traumatic in its own way. Regardless of your presenting issues, we need to deal with the roots that make you feel separated from your true self, and true worth.

Trauma-based symptom presentations. Trauma-based symptoms may include, but are not limited to:

Anxiety, depression, flashbacks, anger, addiction, behavioral issues, unwanted memories and thoughts, phobias, panic issues, dissociation, sexual intimacy issues, concerns regarding spiritual, cultural, sexual and gender identity, relationship issues, family issues, shame, guilt, grief, self-esteem concerns, eating disorders, codependence, performance issues and obsessive-compulsive symptoms.

Tailored treatment planning. Whether you are engaging in individual therapy or a trauma healing intensive, we start our therapeutic journey with assessment, and this gives me a sense of your needs, and what would be most helpful to you as you engage in the healing process with me.



Holistic treatment. For true healing to happen, we need to look at the entire individual. I take a biopsychosocial-spiritual approach to therapy, meaning that we engage every level of yourself, listening to the body, mind and spirit, and equipping you deeply heal and to care for yourself on all of these levels. For this reason, I utilize advanced therapeutic interventions to promote this deep level healing.

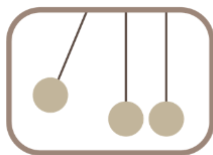
EMDR and its Integration into Services at Birthstone Trauma Healing

Introduction. Eye Movement Desensitization Reprocessing (EMDR) is the main modality of treatment provided at Birthstone. Please read the following information regarding how EMDR is integrated into services at Birthstone.

What is EMDR? Eye Movement Desensitization Reprocessing (EMDR) is a therapeutic tool to assist you in working through the distress of difficult and traumatic events. EMDR is not only a tool, but it is an entire therapeutic modality, that allows us to engage in very meaningful and effective work. The preparation work in Block One mirrors the first half of the EMDR modality protocol, creatively tailored to fit your needs and story. The processing in Block Two consists of the second half of the protocol, centered around the use of bilateral stimulation to relieve distress and trauma-based symptoms and beliefs. Bilateral stimulation is a stimulation that occurs on either side of the body, such as the eyes being stimulated to move back and forth across one's line of vision, or bilateral tapping. Research indicates that bilateral stimulation engages our internal information processing system, allowing us to process traumatic content quickly and effectively while 'updating' how the body and mind perceive triggers to traumatic responses.

Why EMDR. Studies reveal that EMDR is powerful, effective, and affords the opportunity for long-term change in a short time. If you feel that your life is negatively influenced by things that have happened to you, EMDR might be extremely helpful. EMDR is a tool that assists individuals in coming to terms with trauma and working through symptoms that developed as a result of experiencing trauma. These symptoms may be serving as constant reminders of what happened to you. EMDR can be utilized for a large number of presenting issues to change how you process information, how you experience emotional, mental, and physical symptoms, and how you view the world, yourself and others.

How does EMDR work? The body has healing mechanisms within it that allow us to 'update our operating system' so that we can adaptively process the physical, emotional, and social information we take in day to day. Trauma wounds change how we store and organize information, creating unhealthy symptoms of information processing that lead to the holistic complications we expertly address at Birthstone. Research has shown that eye movements and other forms of bilateral (side-to-side) stimulation seem to activate your internal problem-solving process that initiates healthy information processing. These same eye movement occur during REM sleep wherein your eyes are darting back and forth. At Birthstone we will work together to use this internal healing mechanism when you are awake, fully present, and in control of your experience. We will focus on a specific experience, incident, or problem, and the accompanying

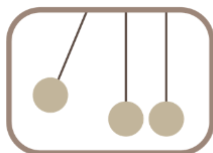


mental images, emotions, body sensations and beliefs and target them for change. As we simultaneously engage in bilateral stimulation, and your brain begins problem solving. Since you focus on the specific incident or problem, your brain becomes able to work through it more effectively than what would happen if it randomly comes up while you are sleeping.

What happens during EMDR? We will develop a personalized plan to target your presenting complaints and work towards resolution. We will also identify any negative beliefs in place in your life that may have been solidified by specific traumatic incidents. These incidents may be past memories, wounding experiences, present complaints, or even future concerns. Some events may not be detectable when you come in, but EMDR assists you in diving deep into your inner world to locate and address these events on a deep transformative level. Often, we work with a specific event that activated negative beliefs and symptoms, called the *touchstone*. Touchstones are core memories or experiences that changed how we developed and grew. As we engage in EMDR, focusing on these memories, you will begin to experience a change in how you holistically experience these memories, triggers, and sensations along with the negative beliefs connected with them. EMDR allows you to extend light and safety to these darker scarier parts of yourself and your experience so that you can heal. EMDR changes how we feel, what we believe, and how we live moving forward. It is an incredible change agent that gives you the freedom back to start making the changes you want to see in your life. EMDR is a versatile tool, and its use will be tailored to best fit your needs, but we need to be up front about the nature of the process. Rather than placing a band-aid over a wound, we clean it out so that it can truly heal. It is worth it.

Risks of EMDR. As we process memories, there is a chance that you will experience emotional discomfort as emotions and sensations arise pertaining to the content you are processing. Sometimes people experience an increase in distressing memories, heightened emotions, or physical sensations during EMDR, and the surfacing of new memories that need to be safely processed. Your body and brain are doing their jobs so you can heal, but you may experience some strong physical and emotional reactions within the process. Additionally, processing may continue after the session, when we are not together.

Mitigating risks. Due to the nature of EMDR and the depth of our work together at Birthstone, we prepare you well for EMDR, we go at your speed, and we take into consideration the inherent risks that come with the healing process. This is a part of creating change that lasts, and so we equip you for the journey. We also keep you safe by engaging in assessment and developing resources prior to starting EMDR. Resourcing helps make you strong, resilient and ready for the EMDR work. We also work together to provide you with excellent skills to stay stable as you invest in long-term change and create an after-care plan that helps you continue to grow safely. Finally, safety comes from knowing that you are always able to ask questions or bring up concerns at any time.



EMDR and telehealth. While the bilateral stimulation portion of the EMDR protocol generally occurs in an office, it is very feasible to use bilateral stimulation on a tele-health platform. I am trained to provide EMDR via telehealth if your ability to come to the office is compromised. Studies reveal that EMDR provided with telehealth works safely and effectively when conducted by a skilled clinician.

Payment Policies

Pricing and payment.

Initial Consultation. Initial consultation via phone or Zoom is free of charge.

Individual Therapy. Pricing for individual therapy slides between \$130 and \$200 based on income. Payment is due at the time of the session.

Income-Based Sliding Scale for Individual Therapy

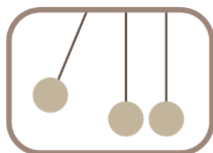
Annual Household Income	Session Fee
0 – 50,000	130
50,000 – 100,000	150
100,000 - 150,000	180
150,000 – 200,000+	200

Trauma Healing Intensives. Pricing for Trauma Healing Intensives includes preliminary assessment and treatment planning, the Intensive itself and one after-care session. The price of a Trauma Healing Intensive is \$1500.00. The price of a four-hour intensive is \$750. Discounts of up to 30% are available depending on a case-by-case basis. Full payment is due at the *scheduling* of your Intensive.

Cancel, reschedule and refund policy.

Individual Therapy. You may reschedule or cancel your individual session within a minimum of 24 hours of your therapy session without issue. Cancellations or reschedules made less than 24 hours before your session will incur a missed-session fee of \$120.

Intensives. Intensives are scheduling a minimum of 7 days in advanced to provide time for assessment and tailoring of treatment. If you need to reschedule the day of your intensive, you may request a reschedule as long as it is 24 hours or more before your scheduled intensive. Cancellation/refund requests must be made at least 24 hours in advance. Full refunds are available if cancellations are made prior to the start of pre-



intensive assessment (7 days before). Birthstone will issue a 75% refund for cancellations made after assessment but prior to your intensive date. **Cancellations made within 24 hours of your scheduled intensive day are non-refundable.**

Payment and Insurance Reimbursement. Birthstone Trauma Healing is an Out of Network provider, which means that we do not accept insurance, but your insurance company may cover services here. Check with your insurance plan, as you may be eligible for full/partial reimbursement of session/intensive fees. To submit an out-of-network claim, you may request a superbill to submit to your insurance company. Birthstone does not submit claims on behalf of its clients.

Payment plans. Payment plans may be set up for intensives on a case-by-case basis. Please let me know if you have any questions about coverage, payments or payment plans.

Client Rights and Confidentiality Clause

THIS NOTICE INVOLVES YOUR PRIVACY RIGHTS AND DESCRIBES HOW INFORMATION ABOUT YOU MAY BE DISCLOSED, AND HOW YOU CAN OBTAIN ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

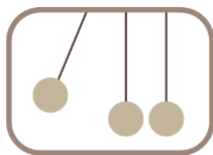
Privacy and confidentiality. We adhere to the highest ethical standards of care and do all we can to protect your privacy. All correspondence with Birthstone occurs via HIPPA compliant mediums. HIPPA compliance means that all protected health information that is stored and transferred ensures your privacy.

Confidentiality. As a rule, I will disclose no information about you, or the fact that you are my client, without your written consent. Health care providers are legally allowed to use or disclose records or information for treatment, payment, and health care operations purposes. However, I do not routinely disclose information in such circumstances, so I will require your permission in advance, either through your consent at the onset of our relationship (by signing the attached general consent form), or through your written authorization at the time the need for disclosure arises. You may revoke your permission, in writing, at any time, by contacting me.

Limits of confidentiality. I may use or disclose records or other information about you without your consent or authorization in the following circumstances, either by policy, or because legally required:

Emergency. If you are involved in a life-threatening emergency and I cannot ask your permission, I will share information if I believe you would have wanted me to do so, or if I believe it will be helpful to you.

Child abuse reporting. If I have reason to suspect that a child is currently being abused or neglected, I am required by law to report the matter immediately to the Department of Social Services.



Adult abuse reporting. If I have reason to suspect that an elderly or incapacitated adult is being abused, neglected or exploited, I am required by law to immediately make a report and provide relevant information to the Department of Welfare or Social Services.

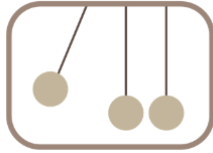
Health oversight. The law requires that licensed therapists report misconduct by a health care provider of their own profession. By policy, I also reserve the right to report misconduct by health care providers of other professions. By law, if you describe unprofessional conduct by another mental health provider of any profession, I am required to explain to you how to make such a report. If you are yourself a health care provider, I am required by law to report to your licensing board that you are in treatment with me if I believe your condition places the public at risk. Therapeutic Licensing Boards have the power, when necessary, to subpoena relevant records in investigating a complaint of provider incompetence or misconduct.

Court proceedings. If you are involved in a court proceeding and a request is made for information about your diagnosis and treatment and the records thereof, such information is privileged under state law, and I will not release information unless you provide written authorization or a judge issues a court order. If I receive a subpoena for records or testimony, I will notify you so you can file a motion to quash (block) the subpoena. However, while awaiting the judge's decision, I am required to place said records in a sealed envelope and provide them to the Clerk of Court. In civil court cases, therapy information is not protected by patient-therapist privilege in child abuse cases, in cases in which your mental health is an issue, or in any case in which the judge deems the information to be "necessary for the proper administration of justice." Protections of privilege may not apply if I do an evaluation for a third party or where the evaluation is court-ordered. You will be informed in advance if this is the case.

Serious threat to health or safety. Under law, if I am engaged in my professional duties and you communicate to me a specific and immediate threat to cause serious bodily injury or death to an identified or to an identifiable person and I believe you have the intent and ability to carry out that threat immediately or imminently, I am legally required to take steps to protect third parties. These precautions may include 1) warning the potential victim(s), or the parent or guardian of the potential victim(s), if under 18, 2) notifying a law enforcement officer, or 3) seeking your hospitalization. By my own policy, I may also use and disclose medical information about you when necessary to prevent an immediate, serious threat to your own health and safety. If you become a party in a civil commitment hearing, I can be required to provide your records to the magistrate, your attorney or guardian ad litem, a CSB evaluator, or a law enforcement officer, whether you are a minor or an adult.

Worker's compensation. If you file a worker's compensation claim, I am required by law, upon request, to submit your relevant mental health information to you, your employer, the insurer, or a certified rehabilitation provider.

Records of minors. There are a number of laws that limit the confidentiality of the records of minors. For example, parents, regardless of custody, may not be denied access



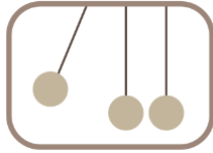
to their child's records; evaluators in civil commitment cases have legal access to therapy records without notification or consent of parents or child. Other circumstances may also apply, and we will discuss these in detail if I provide services to minors.

Other uses and disclosures of information not covered by this notice or by the laws that apply to me will be made only with your written permission.

Your rights and your provider's duties. You have the right to request restrictions on certain uses and disclosures of protected health information about you. You also have the right to request a limit on the medical information I disclose about you to someone who is involved in your care or the payment for your care. If you ask me to disclose information to another party, you may request that I limit the information I disclose. However, I am not required to agree to a restriction you request. To request restrictions, you must make your request in writing, and tell me: 1) what information you want to limit; 2) whether you want to limit my use, disclosure or both; and 3) to whom you want the limits to apply. You have the right to request and receive confidential communications of PHI by alternative means and at alternative locations (for example, you may not want a family member to know that you are seeing me). Upon your request, I will send your invoice to another address. You may also request that I contact you at specific numbers to protect your privacy and/or safety. To request alternative communication, you must make your request in writing, specifying how or where you wish to be contacted. You generally have the right to receive an accounting of disclosures of PHI for which you have neither provided consent nor authorization. On your written request, I will discuss with you the details of the accounting process. In most cases, you have the right to inspect and copy your medical and billing records. To do this, you must submit your request in writing. If you request a copy of the information, I may deny your request to inspect and copy in some circumstances. I may refuse to provide you access to certain psychotherapy notes or to information compiled in reasonable anticipation of, or use in, a civil, criminal, or administrative proceeding. If you feel that any protected health information that I have about you is incorrect or incomplete, you may ask me to amend the information. To request an amendment, your request must be made in writing, and submitted to me. In addition, you must provide a reason that supports your request. I may deny your request if you ask me to amend information that: 1) was not created by me; I will add your request to the information record; 2) is not part of the medical information kept by me; 3) is not part of the information which you would be permitted to inspect and copy; 4) is accurate and complete.

Right to a copy of this form. You have the right to a paper copy of this form. You may ask me to give you a copy of this notice at any time. I reserve the right to change my policies and/or to change this notice, and to make the changed notice effective for medical information I already have about you as well as any information I receive in the future. The notice will contain the effective date. A new copy will be given to you electronically. I will have copies of the current notice available on request.

Complaints. If you believe your privacy rights have been violated, you may file a complaint. To do this, I request that you submit your request in writing. You may also send a written complaint to the U.S. Department of Health and Human Services or the Board of Counseling corresponding to your State.



Emergency contact. I do not answer my phone when I am with clients or otherwise unavailable. At these times, you may leave a message on my confidential voice mail and your call will be returned as soon as possible, but it may take a day or two for non-urgent matters. If, for any number of unseen reasons, you do not hear from me or I am unable to reach you, and you feel you cannot wait for a return call or if you feel unable to keep yourself safe:

1. Contact your local emergency services provider.
2. Go to your Local Hospital Emergency Room
3. Call 911 and ask to speak to the mental health worker on call.
4. Consult and engage your after-care plan to ensure continued growth and safety.

Additional intensives and referrals. At any time, you may schedule an additional Trauma Healing Intensive by scheduling via the website or by contacting me directly. You may benefit from additional work with Birthstone. Treatment planning is tailored to provide you with the most efficient and effectively targeted experience, but sometimes more support will be necessary depending on your needs and presentation. I may make a professional recommendation for another intensive to continue trauma-processing, or I will assist you in connecting with a step-down service so you can continue to grow. This may include individual therapy or a referral to another provider.

Adjunct EMDR Therapy. I also provide intensive/individual EMDR therapy as an adjunct service to pre-existing therapeutic relationships. If you have a primary individual therapist but would like, or have been recommended to engage in EMDR, we will make necessary provisions for collaboration to provide you with wrap-around care while maintaining your privacy.

Contact information. Scheduling and inquiries can be done by visiting birthstonetraumahealing.com or by contacting us directly at 215-258-8080 or by emailing tim@birthstonetraumahealing.com

Birthstone Trauma Healing, LLC

Timothy Sosin, MA, LPC, NCC

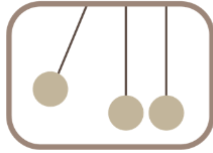
EMDRIA Certified Therapist / A-CRA Certified Therapist

tim@birthstonetraumahealing.com

215-258-8080

1500 Walnut Street Suite 603, Office 1A

Philadelphia, PA 19102



Consent and Signature Page

Please initial each line prior to signing this document.

I have read this form, and I accept all terms and conditions. _____

I understand and accept my rights as a client. _____

I am aware of and willingly accept the nature of Birthstone Trauma Healing's treatment modality along with its holistic benefits and inherent risks. _____

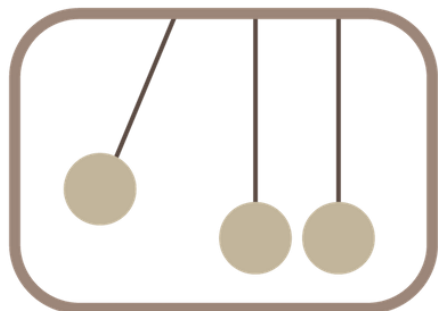
I agree to engage fully in this process, and to communicate my needs as I can. _____

I provide consent for my services at Birthstone and for the EMDR protocol to be integrated into my tailored process. _____

During and after my services, I commit to engaging my aftercare/safety plan. _____

Printed Name: _____ Email: _____

Signature: _____ Date: _____



BIRTHSTONE
TRAUMA HEALING