

Birthstone Trauma Healing Informed Consent

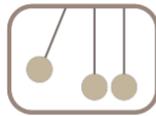
Welcome to Birthstone Trauma Healing! This document serves as a Therapist-Client Service Agreement and informed consent for your services here. It contains essential information about your Trauma Healing Intensive and the policies and procedures of Birthstone Trauma Healing. It also contains a summary 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 intensive with a complete understanding of this intervention. 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 and Virginia. 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 used within your trauma healing intensive.

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.

Trauma-based symptom presentations treated. 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.

Trauma Healing Intensives. Birthstone provides a unique, advanced therapeutic service called a Trauma-Healing Intensive. Trauma-Healing Intensives are therapeutic experiences that last either four or eight hours. Intensives are tailored to your needs and to your individualized experience of trauma and developmental wounds in your life. Intensives are designed to provide you with deep healing and change through evidence-based trauma therapy coupled with an environment 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



Intensive Process

Pre-Intensive consultation and assessment. Once you complete your free initial consultation and we schedule your Intensive, we will begin the assessment process during which you will complete a series of assessments so I can tailor your treatment to your unique needs. These assessments include the DSM-5 WHODAS and Level 1 Cross Cutting Surveys, the Burns Anxiety and Depression Inventories (BAI/BDI), Life Events Checklist (LEC), PTSD Scale (PCL-5), Dissociative Experiences Scale (DES), and the Young Schema Questionnaire (YSQ-LL3). Our collaborative assessment allows for accurate case conceptualization and treatment planning. It gives us the opportunity to work well together and to hit the ground running so we can make the most of our time together.

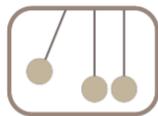
Eight Hour Intensive

What to expect during an eight-hour Trauma-Healing Intensive. The intensive itself is an eight-hour experience made up of two three-hour blocks, one break, and a 30-minute intentional after-care session to close.

Block One: Prepare

- 1. Target sequence planning.** We will identify the specific wounds we will be addressing together. We base our planning on assessment, your presenting issues, your holistic physical, emotional, social and spiritual experience and sensations, along with your core beliefs and schemas revealed during the assessment process.
- 2. Resourcing and resilience-building.** Processing trauma well requires us to outfit you with personally tailored resources to help you build resilience and a sense of *agency*, which is the right and resolve to make the change you want to see in your life. We will enhance your ability to manage distress, regulate symptoms, and return to a sense of calm in times of unease. These resources will be extremely helpful to our process and will also serve as wonderful investments in your overall resilience moving forward. You will learn to regulate yourself and you will be ready for trauma processing.
- 3. Trauma-processing psychoeducation.** We will discuss the trauma-healing process throughout block one and close block one with additional information about the trauma processing we use in block two.

Checkpoint Break. During your break, you will be provided with a restful framework for introspection and mindful practice to reinforce the work you have done so far. This intentional break serves to build a calm confidence that you are safe, ready, and well- equipped to move into the second part of your intensive trauma-healing experience.



Block Two

EMDR processing. In block two, we will systematically process trauma together using Eye Movement Desensitization Reprocessing while integrating the resourcing techniques you learned in block one to reinforce agency and create long-lasting change. We will work to bring down distress levels, changing your holistic experience of your symptoms that stem from traumatic content, and then reinforce the transformation of trauma-based beliefs, replacing them with adaptive, healthy, and true beliefs about yourself, the world, and others. We will work with the body-sensations you experience so that you experience a physical sense of freedom and closure.

Celebration and commission. We will reinforce your growth and healing by working with your new beliefs, installing a template to help you carry your freedom into the future. We will celebrate your work and engage in experiential interventions together.

After-Care

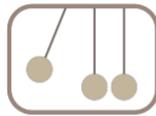
Closing. We close with a thirty-minute period used to discuss your progress, next steps, and ways to continue to cultivate healing as you leave. We will develop a plan to help you move forward.

Post-Intensive assessment and storyboarding. While not required, post-assessment provides Birthstone with information about to gauge progress and efficacy of intensives. With your consent, you will be provided with post-assessments to document growth and change. Upon completing assessments, we will follow up with a summary of your experience so that you can have documentation of this pivotal part of your story.

Four-Hour Intensive

In addition to full-day intensives, Birthstone provides half-day intensives. We have found that many people benefit from working for just the afternoon or splitting up the eight-hour intensive over the course of two days.

What to expect during a four-hour intensive. The four-hour intensive consists of the same steps as the eight-hour intensive process, but with a focus on resourcing and targeted EMDR. Based on the limited time, the four hours is tailored to your needs based on previous assessment and collaboration during the first half-hour of the session. The course of a four-hour intensive starts with planning and then moves to resourcing. Resourcing provides you with preliminary support and creative forms of distress tolerance specifically designed to enhance your healing experience and keep you safe. We then move toward directly working with trauma and closing with a short planning period for next steps. We often see major progress just from the resourcing stages of treatment, and four-hours is more than enough time to make significant change. However, it is highly possible that you may benefit from multiple four-hour blocks to continue to heal and grow.



EMDR and its Integration into Trauma Healing Intensives

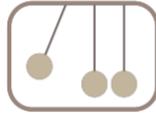
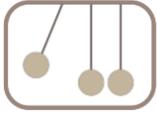
Introduction. Eye Movement Desensitization Reprocessing (EMDR) is the main modality of treatment provided at Birthstone. Please read the following information regarding how EMDR is integrated into Trauma-Healing Intensives.

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 because of experiencing trauma. These symptoms may be serving as constant reminders of what happened to you. EMDR can be utilized for many 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 came up while you were 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

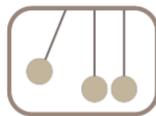


your life that may have been solidified by specific traumatic incidents. These incidents may be past-memories, wounding experiences, present complaints, or even future concerns. Some events may not be detectable when you come in, but EMDR assists you in diving deep into your inner world to locate and 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.

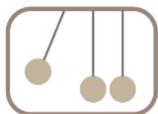
Risks of EMDR. As we process memories, there is a chance that you will experience emotional discomfort as emotions and sensations arise pertaining to the content you are processing. Sometimes people experience an increase in distressing memories, heightened emotions, or physical sensations during EMDR, 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. Part of why we do intensive work is to give us plenty of time to address these risks. The reward of working for longer intervals is that it allows us to work through more of this experience together in a safe place. Due to the nature of EMDR and the intensive nature of our work 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. As well, we 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. Our first meeting is a consultation and is free of charge. Pricing for Trauma Healing Intensives includes preliminary assessment and treatment planning, the Intensive itself and built-in after-care. The price of an eight-hour Trauma Healing Intensive is \$1500.00. A four-hour intensive is \$750.00 Discounts are available on a case-by-case basis. Once you sign and return this form, you will receive an invoice via Square or Venmo with payment directions. Full payment is due at the scheduling of your Intensive.

Cancel, reschedule and refund policy. Birthstone adheres to a 24-hour cancellation/reschedule policy. 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. 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 are non-refundable.

Insurance and payment plans. Birthstone Trauma Healing is an Out-of-Network provider. Depending on your insurance, a portion of your Trauma Healing Intensive may be reimbursable by your insurance. Please let me know if you have any questions about coverage, payments or payment plans.

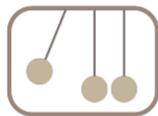
Follow-Up. Birthstone provides the option for follow-up after your intensive. The cost for follow-up is 150.00 for an hour follow-up session.

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.

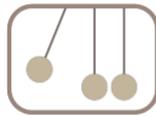
Child abuse reporting. If I have reason to suspect that a child is currently being abused or neglected, I am required by law to report the matter immediately to the Department of Social Services.

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



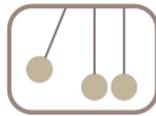
the potential victim(s), if under 18, 2) notifying a law enforcement officer, or 3) seeking your hospitalization. By my own policy, I may also use and disclose medical information about you when necessary to prevent an immediate, serious threat to your own health and safety. If you become a party in 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 several 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.

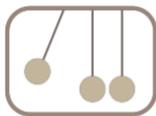
Emergency contact

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:

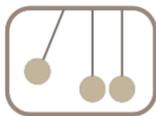
1. Contact your local emergency services provider.
2. Go to your Local Hospital Emergency Room
3. Call 911 and ask to speak to the mental health worker on call.
4. Consult and engage your after-care plan to ensure continued growth and safety.

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. Birthstone also provides individual therapy services outside of Trauma Healing Intensives, but on a limited basis. I will assist you in creating an after-care plan to fit your continued needs. A good faith estimate of services needed will be provided in addition to this form.

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



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 Trauma Healing Intensives along with their holistic benefits and inherent risks. _____

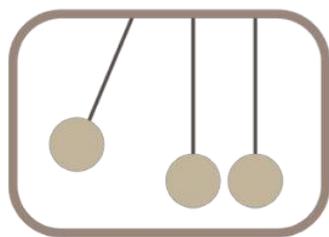
I agree to engage fully in this process. _____

I provide consent for my Trauma Healing Intensive and for the EMDR protocol to be integrated into my tailored process. _____

Following my intensive, I commit to engaging my after-care plan. _____

Printed Name: _____ **Email:** _____

Signature: _____ **Date:** _____



BIRTHSTONE
TRAUMA HEALING