Client Commitment Informed Consent

It is an honor to begin your transformational journey with you. This informed consent is designed to give you information about my practice and our professional relationship. In my practice I help clients connect to their bodies, soul, minds, and spirit to gain access to a greater sense of love and safety in their daily lives.

I will work with you to help you care for moments in your life that feel fractured or confusing. I see the goal of our time as equipping you with tools for managing your stresses and triggers, as well as living a fulfilling life.

*CONFIDENTIALITY*

I maintain the confidentiality and privacy of each client and their records as protected by state law and professional ethics. There are a few, rare instances where safety takes precedence over confidentiality. These situations include: (1) if I suspect you intend to harm yourself, another person, or property; (2) when I suspect a child, elder or dependent adult has been or will be abused or neglected. In all other circumstances, I maintain confidentiality unless you give me expressed written authorization to do otherwise.

*Please note:* Once information leaves my office, I have no control over what happens with it. I do consult with other professionals regarding clients with whom I work; however, a client’s identity remains completely anonymous, and I fully maintain confidentiality.

*FUTURE LITIGATION*

Since it is important to maintain the confidentiality of the patient(s) both now and in the future (including minors), the undersigned agrees not to involve Jane Earles in any current or future arbitration, mediation, and/or litigation within the court system.

SOMATIC APPROACH

I take a body-oriented/neurobiological approach to healing trauma in our sessions. I am a Somatic Experiencing Practitioner certified through the Somatic Experiencing Institute. I am also a practicing Developmental Trauma Specialist. I am not a licensed therapist.

EXPERTISE

My focus is on wellness and my expertise includes anxiety, addiction, depression, stress related problems, trauma issues, PTSD, birth wounds to you and from you, relationship problems and life transitions. During our time, I emphasize proper understanding of boundaries, development of self-regulation skills and resiliency. If I feel that I cannot help you, I will provide referrals when possible. While it is impossible to predict the exact outcomes of this practice, we will work together toward the goals we establish. It is not uncommon for clients to feel levels of sadness, anxiety, fear as well as joy, happiness, and love throughout the counseling practice. Your feedback is very important.

*MODALITY*

I will be applying Transforming Touch and Transforming Intentional Touch. By signing this form, I give permission for non-sexual touch intervention to be made for my recovery.

*FEES & INSURANCE*

The fee for a 60-minute appointment is $125. The frequency of treatment will depend upon your needs, scheduling, and the severity of your troubles. I do not participate with insurance companies.

*PAYMENT*

Payment is due by the end of each session by cash, Venmo, Zelle, or PayPal.

*MISSED APPOINTMENT/NO SHOW/LATE CANCELLATION*

I charge in full for missed appointments and appointments not cancelled within 24 hours of scheduled time. If we can reschedule that week, you will not be charged. If you cancel because of inclement weather, I can try to schedule a videoconference with you.

*EMAIL/TEXTING*

I cannot guarantee the confidentiality of any electronic media used to contact me. I will use my business phone, text, and email to schedule appointments, answer very short questions or make referrals and suggestions for books. It will not replace or substitute for our appointments. It could take me a couple days to reply to a text or email.

*EMERGENCIES AND VACATION*

Upon occasion an emergency arises. In case of an emergency, you should call 911 or go to the nearest emergency room after leaving a message. I will call you back as soon as possible. When I am on vacation, I may not be available.

I look forward to providing this healing work with you.

Sincerely,

Jane Earles, SEP, SRR, Transforming Touch Practioner ®, Coach, and Mentor

<https://janeearles.com/> 469.444.0634 [jane@janeearles.com](mailto:jane@janeearles.com)

*QUESTIONAIRE*

Please fill out this biographical background form as completely as possible. It will help us as we work together. Information is confidential. If you do not desire to answer any question, leave it blank. Please fill out clearly and bring it with you to the 1st session or email to the email listed.

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GENDER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE OF BIRTH/PLACE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

AGE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_\_\_\_\_\_ Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PHONE: H: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ W/Off: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FOR MESSAGES: Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HIGHEST GRADE/DEGREE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TYPE OF DEGREE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Occupation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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In case of emergency (name, relationship, phone):

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PRESENTING PROBLEM (Be as specific as you can: when did it start, how does it affect you…):

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Estimate the severity of above problem: Mild-Moderate-Severe-Very severe

CURRENT:

Partner: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Years: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PARTNER’s: Education: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Occupation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Nature of your relationship:

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PAST Partners (years together, names & statement about the nature of the relationship/s, i.e., friendly, distant, physically/emotionally abusive, loving, hostile):

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CHILDREN/STEP/GRAND (names/ages & brief statement on your relationship with the person)

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4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENTS/STEP-PARENT (Name/age or year of death/cause of death, occupation, personality, how did s/he treat you, brief statement about the relationship, Natural/Adoption):

Father: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Mother: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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SIBLINGS (name/age, if dead: age and cause of death & brief statement about the relationship):

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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MEDICAL DOCTOR/S (name /phone): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PAST/PRESENT MEDICAL CARE (major medical problems, surgeries, accidents, falls, illness):

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SPECIFY MEDICATION you are presently taking and for what. PRINT clearly:

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PAST/PRESENT DRUG/ALCOHOL USE/ABUSE (12 Step, treatments):

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SUICIDE ATTEMPT/S or VIOLENT BEHAVIOR (describe--ages, reasons, circumstances, how, etc.)

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FAMILY MEDICAL HISTORY (Describe any illness that runs in the family: cancer, epilepsy, etc.):

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FRIENDSHIPS, COMMUNITY, & SPIRITUALITY (Describe quality, frequency, activities, etc.):

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PAST/PRESENT PSYCHOTHERAPY (specify month year/s (beginning—end), estimated # of sessions, name, degree, phone & address, initial reason for therapy, Ind/Couple/Family, medication, brief description of the relationship and how helpful it was, and how/why it ended):

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City/State: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Beg Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ End Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ # of Sessions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reason for Therapy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Reason Therapy Ended: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Beg Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ End Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ # of Sessions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reason for Therapy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reason Therapy Ended: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Beg Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ End Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ # of Sessions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reason for Therapy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Reason Therapy Ended: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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On a separate sheet of paper, please write the answers to the following questions. Please be as thorough as you can with each question.

Family of Origin:

* Describe your mother and father (both strengths and weaknesses).
* How did your parents show affection to each other and their children?
* Describe your parent’s marital history.
* Describe your parent’s parenting philosophy.
* Describe your parent’s means of motivation/discipline.
* Describe the communication style of your family of origin.
* How did your parent’s handle disagreements and conflicts?
* How many siblings do you have and what role did each sibling play in family dynamics?
* Do you see any family patterns being repeated in your current family or in your siblings current families?
* Describe any changes in your family of origin, including moves, job changes, significant events, deaths, separations from parents, divorce, major illness, or injuries.
* Describe your early childhood including any illnesses, hospitalizations, injuries, and separation from parents.

Include significant memories, favorite activities, etc.

Current Family:

* Describe your current marriage/relationship (include both strengths and weaknesses).
* Write a brief description of any previous marriage(s).
* Describe your parenting philosophy.
* Describe your means of motivation/discipline.
* Describe any differences of parenting styles.
* Describe your communication styles.
* How are decisions made?
* Describe any current significant medical problems.
* List your children and give a brief description of each child.
* What concerns do you have with any other family member?
* Describe the family’s support system.
* Describe your family’s involvement with outside activities.
* How large of a role (if any) does religion play in your family?
* Describe your family’s lifestyle.

ARE YOU INVOLVED IN ANY CURRENT OR PENDING CIVIL OR CRIMINAL LITIGATION/S, LAWSUIT/S OR DIVORCE OR CUSTODY DISPUTE/S? (if you answer Yes, please explain):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What gives you the most joy or pleasure in your life?

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What are your main worries and fears?

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What are your goals for recovery?

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INFORMED CONSENT:

*Please provide the information requested below. Your signature will indicate that you understand and accept the information contained in this document “Informed Consent Information”.*

Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date/Place of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zip\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ok to Email? \_\_\_\_\_\_\_\_\_\_\_\_

Home phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ OK to leave message (Y/N)?

Work phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ OK to leave message(Y/N)?

Who referred you to this practice? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

May I thank your referral source (Y/N)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read the informed consent and have been given an opportunity to have my questions answered.

Client Name (Print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent or Guardian (Print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature (if client is <16 years old) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_