

Consent for Bodywork with Nicola Usher

As a Registered Massage Therapist it is important for me to obtain consent for touch work, and to be as clear as possible in an ongoing way to adapt to any changes regarding consent. For this reason I will be checking in with you prior to each session and will also check in regularly throughout the session about areas of treatment, the placement of my hands, and the pressure used. I am happy to make adjustments for your comfort, and to include or exclude varied treatment modalities to support the most effective treatment outcomes for you.

You will be fully clothed, and the positioning is usually laying on the massage table though seated and standing work can also be helpful at times for treatment and/or assessment- all are optional and negotiable. I will offer different pillowing options to ensure that your body is supported without strain in any area.

Please circle the areas you are comfortable having contact, including or excluding anything is fine - if your choice includes all of the areas listed just check this box

Feet - Right / Left Ankles - Right / Left Lower Legs - Right / Left Knees - Right / Left

Hips - Right / Left Sacrum (base of spine) Low Back Middle Back Upper Back

Lower Abdomen Respiratory Diaphragm Area (Upper Abdomen)

Upper Chest (below collarbone **not** including the breasts) Shoulders - Right / Left

Upper Arms - Right / Left Forearms - Right / Left Hands - Right / Left Neck Head

Please check the treatment modalities that you consent to receiving that I offer, feeling free to include or exclude anything:

Craniosacral Therapy

Gentle hand positioning is used to support the body with a neutral or subtle pressure to bring ease to the soft tissues, joints, cranial sutures, deeper fascial structures and the central nervous system. **Benefits:** Helps to increase range of motion; decrease pain; support the circulatory system; aid in lymph drainage; support cerebral spinal fluid vitality, help to regulate the nervous system, and increase a sense of connection to oneself. **Risks:** aggravation of symptoms which could indicate that an adjustment is needed in the areas of contact, length of time of the treatment, or a need to move to a broader approach of support rather than specific as we find the right amount of engagement that can be integrated.

Manual Lymph Drainage of the head and neck

Gentle pressure and release of the lymph vessels on the surface of the skin to encourage lymph fluid movement and drainage which is useful for easing congestion. **Benefits:** You may feel a sense of ease in the sinuses of the head, and decreased congestion in the upper chest. **Risks:** In my experience people usually report relief.

Muscle Energy Technique

An osteopathic technique that uses gentle muscle contractions to relax and lengthen the muscles and increase normal joint functioning. **Benefits:** Increased range of motion, decreased pain. **Risks:** Slight soreness is possible.

Acupressure

I will on occasion use Shiatsu techniques learned in 1989 with Mitsuki Kikkawa, and acupressure techniques with Derek Shin in 2015. I use acupressure and Shiatsu work to bring balance to the body and support the release of constricted soft tissues. These techniques could include gentle rocking movements of the legs while holding the feet, or palmar or fingertip pressure applied to acupressure points. **Benefits:** Increased range of motion; decreased pain; increased circulation; reconnection to self and perhaps a sense of receiving increased energy or releasing excess energy. **Risks:** Slight soreness is possible.

Credentials:

- * Registered Massage Therapist since 1989
- * 2300 hour Massage Therapy Certificate Kikkawa College, Toronto 1987 - 1989
- * First Degree Reiki with Heather Lee, 1994
- * Craniosacral Therapy: 750 Hour Biodynamic Craniosacral with Jan Pemberton 2005 - 2008; 36 hour Cranial Course with Grace Chan (Sutherland/Chan Clinic) 2005; 14 hour Advanced Cranial Osteopathy with Osteopathic Elder Fred L. Mitchell D.O. 2010
- * Vodder Manual Lymph Drainage in 1992
- * Muscle Energy Technique & Strain/Counterstrain with Glenn Sprague P.T., D.O. in 2001
- * Spiritual Director - Pacific Jubilee Program 2013
- * The Centre for Mindfulness Studies certificates in MBCT Basics Workshop, CBT: A Primer Workshop and Refining Inquiry with Patricia Rockman in 2014
- * Trained Teacher of Mindful Self-Compassion (Kristin Neff, Chris Germer, Michelle Becker & Steven Hickman teachers) December 2015, August 2016
- * Somatic Experiencing Practitioner - 216 hours Trauma Renegotiation and Nervous System Work, Berns Galloway, Russell Jones & Twig Wheeler 2018 - 2019

Your Rights (From the College of Massage Therapists website)

As a client, you have the right to:

- Access safe, confidential and ethical care.
- Be fully informed about the treatment plan along with the risks and benefits before beginning.
- Ask questions or raise concerns about the recommended care.
- Bring a person along with you to the appointment while you're being assessed or treated.
- Give or refuse consent. You can also withdraw your consent at any time during treatment.
- Be assured that your health information stays confidential.
- Ask to see or transfer your health record to another health professional any time, for any reason.

I have read the above information and I understand and give consent to proceed with Nicola Usher. I understand that this is a collaborative process to create a supportive healing environment, and that I have the right to withdraw consent or adjust treatment at any time.

Name: _____ Date: _____

I give Nicola Usher permission to contact me by phone, email or texting for the purpose of setting up appointments or receiving information. Initial_____