

Bree Westcott, MA, LMCHA

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951.675.4676

Disclosure Statement and Informed Consent:

Bree Westcott (she/her), occupant of Duwamish land, white, cis woman

Welcome! It is truly a courageous thing to honor one's self through the pursuit of deep healing. I am honored to journey along with you in this important endeavor. As a student of Seattle School of Body-Psychotherapy in addition to finishing up my masters in counseling at The Seattle School of Theology and Psychology, I deeply appreciate the wisdom that our bodies carry, and the importance of having a witness to our unfolding story. I am passionate about witnessing people learning to be at home in their own skin and at peace with themselves through self-acceptance and compassion, which I believe contributes to a holistic state of wellbeing.

I appreciate that Core Energetics depathologizes our symptoms, symptoms that reveal not who we are, but rather what has happened to us. These symptoms are cues that invite investigation into what has blocked the energy that flows from our core essence; who we really are. I consider it an honor to join the investigation with you and provide containment for what has been perhaps made isolated and alone for too long.

Sessions and Rates:

Individual: 60 minute sessions are \$150.

Couples: 60 minute sessions are \$220.

I offer a free initial 20 min phone consultation to determine if we are a good fit. Payment is collected before/at the time of the appointment via Venmo or Paypal. Unfortunately I am not able to accept insurance at this time.

If the session cost is a challenge, please do not hesitate to let me know. I reserve a selected amount of slots to function on a sliding scale in order to make these services more widely accessible.

Cancellation Policy:

Cancellations must be made more than 48 business hours in advance in effort to avoid regular session fee charges. If you miss your appointment for whatever reason and fail to give adequate notice, you are still required to pay the full session amount. I will not charge in the case of an emergency or illness.

Risks and Confidentiality:

While therapy is healing and can strengthen self-love and interpersonal relationships, it can also be disruptive to relationships, daily life practices, routines, and perspectives. You may discover, for example, that certain patterns or relationships are unsupportive of your healing process and are, or have been harmful to who you really are. It is inevitable that your life-perspective will be affected as a result of therapy. Please understand this risk as you consent to working with me and know that all insight into your

feelings, desires, and wants are for your healing. Growing pains are to be expected, but it is my belief that the benefits of an abundant life are worth the cost.

All that transpires in session is confidential and will remain confidential unless there is evidence of high risk for harm to self, another, or there is potential that as any minor, elderly person, or you are subject to abuse, in which case I am mandated to report to my supervisor. I will also be in constant consultation with my supervisor and colleagues as well as engaging ongoing education, which is the utmost benefit to you and our evolving therapeutic relationship. In consultation, case material may be shared and discussed discreetly without any identifying details for the purpose of providing you holistic care.

Use of Touch:

In Core Energetics, we believe that the mind cannot be separated from the body. The use of touch can be an effective healing modality as it can soothe the nervous system and support the healing process. The use of touch is purely for your benefit with your consent, (which can be modified from session to session and moment to moment), and will in no way be used for harm or used in a sexual manner. If I perceive that use of touch might be therapeutic for the moment, I will ask for permission. Please let me know if you have any questions or concerns about this form of treatment.

If you feel that you have been treated unethically in session at all, please share with me directly. If we cannot properly address your concerns or come to an agreement for further progress, please contact my supervisor, Smruti Desai (LH60301453): cell: 404-323-3553 email: smruti@desaicc.com.

Termination:

You have the right to terminate treatment at any time. I do ask that you come in for a final session as I believe that it is beneficial for the healing process to end well and with intention but you are not required to do so.

In signing this document below, I agree to the terms of this policy agreement and willingly consent to the Core Energetics sessions with Bree Westcott.

Client Signature

Date

Bree Westcott, MACP, BA

Date