



CONSENT FOR PROFESSIONAL SERVICES FORM

Consultations for Therapists and Other Professionals

Somatic Experiencing® Sessions and Consultations for SE™ Students

EQUUSOMA® Horse-Human Trauma Recovery Sessions and Consultations for ESP™ Students

This consent form is for students and professionals who wish to complete their personal session hours or consultation hours to complete the certificate requirements for the Somatic Experiencing® training or the EQUUSOMA® training. This consent form is also for any other students or professionals who wish to consult with Sarah in the areas of: trauma recovery, complex case conceptualization and treatment planning, trauma-informed services, trauma-informed horsemanship, decolonizing horsemanship, anti-oppressive practice and allyship, safe and effective use of self and processing counter-transference in professional settings, career coaching for individuals entering the helping professions and/or the field of animal- and equine-assisted interventions, curriculum development or preparing content for speaking engagements, workshops or training delivery.

Sarah does not currently offer formal supervision to students or professionals for the purposes of obtaining a professional designation or registration/licensure to practice. Consultation services are similar to supervision in content, but lack the required parameters of a formal, structured supervisory agreement that meets the requirements of professional bodies. Some professional bodies may accept consultation hours as “supervision”, however – please check with your professional body for clarification as to how they define supervision.

Sarah is not currently accepting private psychotherapy clients. Personal sessions offered to SE™ and EQUUSOMA® students are intended to support these training processes and are educational in nature to allow students to experience these approaches first hand, and do not constitute a formal psychotherapeutic agreement or contract.

EXTERNAL APPROVALS

Sarah Schlote (she/elle) is a bilingual (English / français) Registered Psychotherapist, Canadian Certified Counsellor and Somatic Experiencing® Practitioner approved by the Somatic Experiencing® Institute to offer personal SE™ sessions that count towards certificate hours at all levels (beginner, intermediate and advanced). She is also approved to provide consultations to SE™ students at the beginning and intermediate levels. She is an approved SE™ training assistant at all levels. See her websites for additional information about her background and areas of experience.

RISKS AND BENEFITS

While SE™ and EQUUSOMA® are gentle and titrated approaches to trauma resolution that are based on gradual exposure, attunement and nervous system regulation, they may involve the risk of remembering unpleasant events, feeling unfamiliar sensations, or arouse strong or unanticipated feelings or memories. Benefits may include increased capacity to tolerate and embody unpleasant sensations and emotions, increased capacity to experience joy, triumph, pleasure, and aliveness, decreased activation associated with certain issues, topics or events, and a greater sense of regulation, wellness, empowerment, agency, present-moment awareness, resiliency in the face of stressors, triggers and relationship challenges, and improvements in your horse-human interactions. Like with any approach, outcomes are difficult to predict or guarantee and depend on a number of factors. If you have any questions or concerns, you are welcome to discuss these with her, or address them to the Somatic Experiencing® Institute (SEI), the College of Registered Psychotherapists of Ontario (CRPO), or the Canadian Counselling and Psychotherapy Association (CCPA).

CONFIDENTIALITY

Sarah and her staff respect the privacy of her clients, hold in strict confidence all information about clients and comply with applicable privacy and other legislation. No information will be released to a third party without your prior authorization. At any time, you have the right to withhold or withdraw consent to, or place conditions on, the disclosure of your information. **Exceptions to confidentiality** include the legal and/or ethical obligations to disclose information if someone is at risk of harming themselves or someone else; a child or elder is in need of protection; in the case of particular legal proceedings or investigations; if an individual is injured, ill or incapacitated and unable to

give consent; or to a regulatory College in cases of investigation under the Regulated Health Professions Act. Sarah will also disclose anonymous information when consulting with other professionals for guidance specific to the therapeutic approaches she uses, for the purposes of providing quality care. In case of unexpected death or illness, you may be contacted by a representative who is acting on behalf of Sarah, who will be obliged to ensure confidentiality and provide you with a referral.

PRIVACY AND RECORD KEEPING

Records are retained for at least 10 years from the date of the last interaction with the client, or for 10 years from the client's 18th birthday, whichever is later. All information is maintained in compliance with relevant privacy legislation. All personal information obtained, used, and disclosed in sessions is done with your consent. You may request a copy of your records for a reasonable fee for the time spent preparing, copying and mailing the file (where applicable). Please note that records cannot be released when they contain the name of another person and redaction of content is necessary to protect that person's confidentiality, and that reports from other professionals cannot be released without the consent of that professional.

RATES AND PAYMENT POLICIES

- **60-minute session or consultation:** \$195 CAD + provincial tax (if applicable). No tax applies to clients outside of Canada.
- Services provided at certain SE™ training modules may have an adjusted rate that has been agreed-upon by providers. This rate is:_____.
- Rates for appointments longer than 60 minutes are pro-rated to the time used.
- **Non-clinical support:** Work done outside of sessions (letters, reports, check-in calls over 10 minutes, etc.) is also charged by the hourly rate.
- **Sliding scale:** Limited spots are available on sliding scale for clients facing financial limitations. Sliding scale is available for Black, Indigenous, and other Persons of Colour facing marginalization due to race.
- **Payment methods:** **cash** (exact change) or **cheque, eTransfer** or **credit card** (Square or PayPal). If paying by eTransfer or PayPal, payment must be received prior to the start of session. Any outstanding payment for sessions will be required prior to scheduling subsequent appointments. If payment is not received for an appointment, clients will be given the opportunity to do so and if payment is still not made, Sarah reserves the right to employ the services of a collection agency to recover unpaid fees.
- A 5% annual interest rate will be charged for payments not received within 30 days of the session.
- A \$25 service charge will be added to the amount owing for NSF cheques.

CANCELLATION POLICIES

- Cancellations **within 48 hours from the session and missed sessions** will be billed at the full rate.
- If it is possible to reschedule within the same week, the cancellation fee will be waived (please be advised that sometimes there are no other available times within the same week).
- If you cancel or miss 3 consecutive appointments, or fail to respond to Sarah's attempts at contacting you, Sarah reserves the right to discontinue providing services and you will be provided with information about other services that might be of assistance if this is of interest to you.
- Fees for missed or cancelled sessions are not typically covered by extended health benefits plans.
- Cancellation or missed session fees will be **waived on compassionate grounds**, for example: in the event of sickness, a medical emergency requiring urgent professional treatment, or death in the family.
- **In the case of a power outage or technical difficulties with video calling**, sessions will still take place by phone, provided phone is still available. Sarah will attempt to call you at the number you have provided or reach you by email. Cancelling a session due to failed video call will follow the same cancellation policy as above. Some approaches cannot be conducted by phone, in which case sessions may be cancelled or rescheduled without penalty.

Informed consent is essential and out of respect for your right to choice and self-determination. Consent must be given voluntarily, knowingly and intelligently. You have the right to change your mind and withdraw informed consent at any time, terminate services, or refuse a particular approach if you are not comfortable with it. By signing

below, you confirm that you have read and understand the information presented in this document and consent to receiving professional services offered by Sarah Schlote, MA, RP, CCC, SEP.

Name: _____

Signature: _____ Date: _____