



Practice Policies

Scheduling: Appointments can be made through our online scheduling system at redbeardbodywork.com/scheduling, or by phone or email.

Cancellations: 24 hour advance notice is required for cancellations except in the case of sickness or emergencies. Late notice cancellations and no-shows will be charged at the full rate.

What to Wear:

For **Structural Integration** and **Myofascial Release** treatments men should wear boxers, briefs, or running shorts. Women should wear comfortable underwear, a 2-piece bathing suit, or exercise shorts and a sports bra. These kinds of bodywork require direct contact with the skin and standing postural evaluations and will not use top-sheet draping methods except as required for warmth.

For **Massage** you will be fully draped the whole time so you will simply undress to your comfort level under the sheet while the therapist is out of the room.

TRE and **Zero Balancing** sessions are done fully clothed, but we will need loose fitting clothing that allows you perform simple movements. Having upper body layers is helpful because you may get both warm and cool throughout the process.

For **FMS Functional Movement** sessions athletic attire will be required, as well as the shoes you typically use for exercise.

Somatic Experiencing and **Coaching** sessions are done fully clothed and require no special considerations beyond comfort.

Payment: We accept cash, check, and credit card payments. Receipts and statements are available upon request.

Confidentiality: All of the information shared is kept confidential unless a written release is approved and signed by you. Certain legal limits on confidentiality do exist and do not need a release from you:

- 1) If there is convincing evidence that you are in immediate danger to yourself or others, legal action may be taken for your own protection and the protection of others.
- 2) If you are involved in a medical emergency.
- 3) Incidents of child or elder abuse including physical, sexual, or neglect must be reported by me.
- 4) A court of law may subpoena information and may order release of information.

Post-session self-care: Clients are highly encourage to attend to the needs of their bodies and nervous systems after the session. **Drinking extra water** is advised after bodywork. Prioritizing **good sleep** the night of the session is recommended. Lastly, many clients benefit from taking an **Epsom salt bath** after bodywork. The formula we recommend is 1/2 cup each of Epsom salt, sea (or kosher) salt, and baking soda in a hot bath for a 10-20 minute soak and rinsing off afterwards.

Signature

Date



Informed Consent

I, _____ (client), understand that bodywork, massage, TRE, or FMS functional movement therapy provided by the licensed therapists working for Red Beard Bodywork and Structural Integration is intended to enhance relaxation, reduce pain caused by muscle or connective tissue tension, increase range of motion, improve circulation, and screen for potential movement limitations and offer a positive experience of touch.

The general benefits of bodywork and other treatments (TRE, FMS, etc), possible contraindications, and the treatment procedures have been explained to me. I understand these therapies are not substitutes for medical treatment or medications, and that it is recommended that I concurrently work with my Primary Caregiver for any condition I may have. I am aware that the therapists do not diagnose illness or disease, nor prescribe medication, and that spinal manipulations will be not be part of any therapy performed with Red Beard Bodywork and Structural Integration.

I have informed my therapist of all my known physical conditions, medical conditions and medications, and recent or relevant traumas that may influence our work. I will keep the therapist updated on any changes.

I have received a copy of the Practice Policies. I understand them and agree to abide by them.

Client Signature

Date