



Policies and Procedures

Kimberly Sennett, Nationally Certified Massage Therapist

What to expect for your session – Plan to arrive 10 or 15 minutes early for your first session, this time will be used to collect and discuss your medical history information, to determine your goals for the session and to do any necessary assessments such as range of motion, posture, and gait analysis. Before the massage begins I will step out of the room to wash my hands while you disrobe to your level of comfort and get on the table under the sheet and blanket, I will knock on the door and ask permission before re-entering. At the end of the session I will step out of the room to wash my hands while you get off the table and get dressed, when you are ready for me to return simply open the door a little to let me know. We will talk again at the end of the session for a few minutes; I may recommend specific stretches or other self-care tips in addition to answering any questions you have. If you have a question after you leave, please don't hesitate to call me.

Scope of Practice and Boundaries

Massage is not a substitute for medical diagnoses or treatment. Please refer to your physician for questions regarding any symptoms you are experiencing.

I have been professionally trained to offer therapeutic massage that is aimed at promoting your health and well-being. My training includes specialization in a modality called Phenomenal Touch Massage. Phenomenal Touch is similar to regular massage in that it is done on a table, with oil / cream and works the entire body. It differs, however, in that it is done almost entirely in a three dimensional fashion, touching both sides of the body at once. It also integrates stretches, movement and undulation of the spine, and utilizes gravity and body weight rather than strength to acquire its depth and pressure.

Because some of the moves in Phenomenal Touch are very tender and intimate, it might be easy to confuse the level of intimacy for a sexual advance. In order to be very clear from the onset, I am letting you know that Phenomenal Touch is a professional modality that under no circumstances includes acts of sexuality or genital contact. Any request, either verbal or non-verbal for sexual acts during your massage will be considered a violation of the standards explained in this disclosure form and the massage will be ended with full payment expected. Thank you for respecting my boundaries.

Privacy and draping

The massage will be performed on a massage table, you will be draped using a sheet and blanket. You may completely undress, or wear as much clothing as you are comfortable with. Privacy is of utmost importance, and you will have complete privacy in the massage room to comfortably prepare for your session.

Communication regarding comfort and pain

This massage is for you! The time that you are paying for is for your benefit so please let me know if any of the techniques used are uncomfortable or seem inefficient for your goals. Even deep work should not be painful. Your participation and communication is welcome and encouraged in order to make your massage experience the best it can be.

Confidentiality

When you enter my office, you are entering a therapeutic relationship with me. Your confidentiality is priority number one. Anything communicated verbally or in writing within this relationship is guaranteed to remain private and protected. I find that it is in both our best interests to keep the relationship on a therapeutic level. If we happen to meet in public, I will only acknowledge you if you acknowledge me first; this is in order to protect your privacy, and is not meant to be rude.

Cancellation / Lateness

I understand that sometimes things come up that require a change to a scheduled appointment! I am happy to accommodate you, free of charge, as long as you notify me **at least 12 hours in advance**. If you need to cancel the session with less than 12 hours notice, you will be charged 50% of the cost of the session. If you do not call to cancel your appointment and do not show-up you will be charged the full session price. If you are running late, please call to let me know. If you arrive within 15 minutes of your start time I will do my best to carry out your full session, as long as it does not interfere with other clients. If you arrive more than 15 minutes after your start time your session will be shortened and you will be charged for the full session. I will adhere to this policy as well. If I need to make a change to your appointment less than 12 hours in advance, I will discount the session by 50%.

Hygiene

I respect the close nature of massage, and you can expect me to be clean and free of odor and strong scents (no perfume, cologne, cigarette smoke or body odor), I ask the same from you and will offer a washcloth, soap and towel if you need to wash-up before the session. The table is cleaned and made up with fresh sheets for each session. Please let me know in advance if you have any allergies to any oils or lotions.

Eating

For your comfort, I suggest that you refrain from eating within an hour of the start time of your session.

Intoxicants

For your safety, I will not perform massage on an intoxicated client. It is a risk to your health and goes against the goals of therapeutic massage.

Referrals/Scope of Practice:

In some cases, I may see that it would be best for you to consult another healthcare specialist before I perform a massage. Also, in some cases, after a massage, I may suggest that you seek consultation with another healthcare specialist. Should this situation arise, I will fully explain why I recommend any such consultation.

By signing below I am confirming that I have read this Policies and Procedures document in its entirety and agree to the standards set forth.

Printed Name: _____

Signature: _____ Date: _____