



Rebecca H Radcliffe Counseling

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TRAUMA INFORMED YOGA CONSENT FORM

What is Trauma Informed Yoga?

Trauma-Informed Yoga is a form of yoga as therapy, adapted from modern postural yoga. It is derived from the ancient practice of yoga in coordination with modern neuroscience, attachment theory, mindfulness, somatic experiencing and Polyvagal theory. It is designed to promote an enhanced feeling of safety for traumatized individuals as they engage in an exercise that is focused on body awareness, engagement in present moment, breathwork and connectedness. Trauma-Informed Yoga is adaptive, and works to meet the individualized needs of each student, and no prior yoga experience is necessary. Trauma informed yoga is an adjunct therapeutic treatment to traditional psychotherapy counseling. It is not intended to be a substitute for psychotherapy. It is instead offered as an additional outlet and evidenced based practice to help clients cope with trauma, depression and anxiety disorders. Participants are encouraged to seek additional outside support with a Licensed Mental Health Professional as needed. In addition, participants are encouraged to consult with their individual therapist prior to enrolling in this yoga experience or after to process their experience.

Some benefits of Trauma Informed Yoga include learning to better regulate emotional responses, learning to cultivate mindfulness through breathwork and movement, increasing awareness and connection to our bodies, increasing vagal tone and resiliency to stress, and changing perception and intensity of physical pain experiences. Trauma informed yoga can reduce autonomic sympathetic activation, relax muscle tension, reduce blood pressure, increase heart rate variability, improve neuroendocrine and hormonal activity, decrease cortisol production, decrease physical pain sensations and emotional distress, and increase mind body connectiveness.

How is Trauma-Informed Yoga different than other types of yoga classes?

- Set at an individualized, gentler pace to allow for the opportunity to rebuild connection with oneself and feel safe in their bodies again
- Invitational language instead of strict instruction and commands
- No physical hands-on adjustments or assists
- Focus is on connection to own body and not on 'achieving the right pose' or 'achieving certain level of flexibility/strength' etc.
- Alternating high intensity vs. low intensity movements to increase heart rate variability
- Therapist will continually offer options, allowing patient to practice making empowered choices, opting in or out of any portion of the class at any time.
- Greater focus on breathwork that helps to regulate autonomic nervous system
- Orientation to environment and five senses to enhance focus on grounding

HIPAA Privacy and Technology Considerations:

I acknowledge that this yoga class does not fall under the same protection as HIPAA laws as traditional psychotherapy counseling. I acknowledge that confidentiality laws that protect my identity in psychotherapy do not extend to my participation in Trauma Informed Yoga classes. However, therapist will do best to protect my privacy and will not release any protective health information or share last name or any other identifiers with other participants. Therapist will also use blind copy function on email addresses for class reminders, events, office policies to protect email PHI.

I also acknowledge that any services conducted over the internet have potential risks and security breaches. Zoom will be the medium for the online trauma yoga class. Zoom is not HIPAA compliant, although Rebecca Radcliffe will take safeguards to protect privacy and exposure to outside breaches. As a participant I acknowledge these risks of technological transmission.

In order to mitigate the potential security risks and respect confidentiality to the best ability, Rebecca Radcliffe will take the following precautions regarding Video/telehealth yoga classes:

- 1) All participants will receive a personal meeting invite to the yoga class slot. This invite will have a Meeting ID and a Password on it to reduce risk of uninvited participants joining.
- 2) Five minutes after class time starts, Rebecca Radcliffe will lock the Zoom meeting room so no other people can join. This is for security purposes so only invited participants can be present.
- 3) Participants are encouraged to only use their First Name or First Name/Last Initial, or a Nickname when signing on to the Zoom meeting. If you already have a Zoom account that automatically comes up with your full name, then you are encouraged to 'Rename' your meeting name to something that is more protective of privacy. You can do this after you join meeting by 'Right Clicking' on your name in bottom left hand corner of Zoom screen. Once you "Right Click" a list of options pop up---choose 'Rename' and then enter 'First Name or First Name/Last Initial, or a Nickname.' You do not have to do change name, this is just an option for increased anonymity. This is your own choice and responsibility.
- 4) Participants have the option to have their own video turned on or turned off during yoga class. You will still be able to see the instructor even if your video is turned off.
- 5) After the 5 minute class mark starts, the therapist will "MUTE ALL" to prevent background noise and dialogue exchange during class. Clients have option before hand to turn microphone on or off, and have option to stay for up to 15 minutes after yoga class to discuss experience with therapist and other participants. Participants can also leave Zoom meeting at any time and do not have to participate in discussion at end.

Cost: I acknowledge the cost will be \$15 per participant. This cost includes 1 ½ hours of practice, discussion and educational handouts. As this class is virtual, a credit card will need to be placed on file prior to the yoga class and fees paid for up front. Paypal is also accepted at Rebecca.Harrison1185@gmail.com and needs to be paid to reserve slot. **At this time there is only a cancellation charge within 2 hours of class time. All other cancellations will be refunded.**

Insurance: I acknowledge that I am responsible for \$15 fee if my insurance does not cover Trauma Informed Yoga classes. Currently, only some CareFirst Blue Cross plans cover this as form of Group Psychotherapy under 90853 CPT code.

Participant Agreements: As a Trauma Sensitive Yoga participant, I agree to:

- Participate in each yoga class to the best of my ability, allowing myself to rest and/or modify postures as needed (and/or ask the instructor for help). I agree to take responsibility for my safety and wellbeing by listening to my body and adjusting postures as needed.
- Attend class sober from alcohol or any street drugs or non-prescribed medication.
- Use personal coping skills to regulate emotions during class in order to respect fellow participants' right to a peaceful yoga environment. If I experience any adverse reactions during or after the yoga class, I am encouraged to reach out to Rebecca Radcliffe at 410-929-1869 or Rebecca.Radcliffecounseling@gmail.com to process.

Personal Risk and Injury Clause

I acknowledge that all physical activity classes involve risk of injury. By choosing to participate in Trauma Sensitive Yoga classes, I voluntarily assume a certain risk of injury and do not hold the instructor, Rebecca Radcliffe liable. I agree to inform my instructor of any pre-existing health conditions that could be negatively affected by my practice of yoga. I agree to notify my instructor of any movement or activity that I cannot safely perform. I acknowledge that it is always advisable to consult my physician before beginning any physical activity program and I am encouraged to do so prior to participation.

I acknowledge the following guidelines will help me reduce risk of injury: 1) Breathe smoothly and continuously as I move and stretch. 2) Try not to hold my breath or strain to attain any posture. 3) Work gently while respecting my body's abilities and limitations. 4) Don't perform shapes or movements that are painful. 5) Take breaks when needed 6) Listen to modification suggestions, use of props (pillows, straps, blocks, blankets) and adjust according to my own comfort level and physical ability. 7) Do not compare to other individuals' fitness levels in class and do not try to push past comfortable limits

Credentials of Clinician Providing Trauma Informed Yoga:

Rebecca Radcliffe completed a 50 Hour Trauma Informed Yoga Teacher Training from the Body Wise Foundation in February 2020, with a special application for health care professionals. Rebecca Radcliffe is a Licensed Clinical Professional Counselor in the state of Maryland. She received her graduate degree with an M.A. in Clinical Mental Health Counseling from George Washington University. She is now the owner of Rebecca H Radcliffe Counseling and has offices in Towson and Reisterstown Maryland in addition to providing telehealth virtual counseling.

By signing this form, I certify that I have read this informed consent and agree to the above statements. I hereby release Rebecca H Radcliffe from all liability for any injuries that I may sustain as a result of my participation in these yoga classes. I also acknowledge I am not protected by HIPAA by choosing to participate in online Trauma Informed Yoga classes, that I do not hold Rebecca H Radcliffe liable for any incidental technological breaches and any information I voluntarily choose to provide about myself to others during this group experience.

Best Contact Phone Number

Date of Birth

Written/Typed Name

Date Signed

Signature