

# Holistic Counseling

# Psychosomatic Therapy

# Consent

# About Asiah Rogowy RMT DN MA MSc PhD

Dr. Asiah is a Holistic Counselor and Psychosomatic Therapist. Having completed her MSc Psychology Degree in 2023, she combines this knowledge with her education as a Doctor of Natural Medicine, Wellness & Life Coach, Registered Massage Therapist, and CranioSacral Therapist, with over 25 years clinical experience, to support and facilitate healing in the client community. Her approach is rooted in humanistic, positive, and depth psychology.

# What is Holistic Counseling and what are its benefits?

Holistic Counseling is an integrative approach to psychotherapy that treats the whole person: mind, body, heart, and spirit.

Holistic Counseling strives to create Natural Wellness by addressing the root cause of your challenges, using traditional psychology methods along with alternative healing modalities.

There are many benefits to Holistic Counseling. This type of therapy can help you to:

Heal childhood wounds
Reduce stress
Live a life of meaning and purpose
Feel more balanced, authentic, and empowered
Truly love yourself and your life
Developing the most important relationship with yourself

# How does Holistic Counseling differ from traditional therapy methods?

As a

Holistic Counselor, I incorporate knowledge and skill from the fields of neuroscience, western psychology, nutrition, energy psychology, and eastern spiritual traditions such as mindfulness, meditation, Ayurveda, breathwork, reiki and yoga.

I work with you to uncover and dismantle the root causes of your symptoms so that you can experience true and lasting change in your life, and experience more love, fulfillment, and joy. This approach has a transformative effect on the mind-body-spirit connection and can help you heal on an emotional, mental, physical, and spiritual level. A holistic approach to counseling can provide a more well-rounded and effective form of treatment than traditional talk therapy alone.

# What is Psychosomatic Therapy?

Psychosomatic Therapy complements a holistic approach to the prevention and management of human disease based on the bilateral relationship between the mind (psyche) and body (soma).

It involves an assessment of the body's physiology in terms of its shape, size and structure, which have been determined by an individual's genetics, environment and emotions. Assessments enable practitioners to readily identify imbalances in the body, which provide an indication of the client's repetitive emotional and cognitive behaviors.

# How does Psychosomatic Therapy work?

Once areas of stress, tension and discomfort are apparent, the aim of the therapist is to restore mental, emotional and physical balance. A combination of techniques is applied including emotional-release bodywork, counseling, postural alignment, breathing techniques, creative visualization, re-orientation, organic intelligence, body scanning and awareness through movement. The practitioner explores the mental, emotional, physical and biological aspects of a client's overall health and provides them with detailed assessments with practical exercises so they can understand and participate in their own healing process.



# Asiah Rogowy RMT DN MA MSc PhD

Doctor of Natural Medicine Psychosomatic Therapist Holistic Counselor Registered Massage Therapist

### What are the benefits of Psychosomatic Therapy?

Psychosomatic Therapy offers expansive healing benefits to clients as it addresses the emotional and physical factors that contribute to overall health and happiness. Clients may include individuals who are experiencing physical ailments, emotional issues or postural problems. Psychosomatics empowers individuals with a deeper understanding of their innate tendencies and the subtle but powerful changes required to achieve greater satisfaction in all aspects of life, including their relationships, occupation and health.

### As a Holistic Counselor and Psychosomatic Therapist:

I believe mental and physical health is a balance of mind, body and spirit and I incorporate that belief into my practice with my clients.

Regardless of your presenting concerns, I will strive to provide a safe, respectful, nurturing environment to help you examine and challenge your concerns.

I actively engage with my clients and believe the therapeutic relationship is essential for a beneficial counseling experience.

The counseling process is a creative, dynamic and deeply personal journey. It varies greatly from client to client and is dependent on the therapeutic relationship and the presenting issues.

Participation in therapy can result in a number of benefits to you, including personal awareness, improvement of relationships, reduction in feelings of stress and distress, self-awareness and insight and resolution of specific problems.

Counseling and therapy is an interactive process and it requires your active involvement, honesty, and openness in order to fully experience the benefits.

Progress toward your goals likely requires your effort both during and between sessions. Given the work required for personal growth and change, Holistic Counseling and Psychosomatic Therapy also involves some risks.

Since counseling and therapy often involves discussing difficult aspects of your life, you may experience uncomfortable feelings or strong reactions.

Making changes in your life can impact your current relationships as well as challenge long held beliefs and behaviors.

There are no guarantees of what you will experience.

Our first session is an opportunity to get to know one another, explore your presenting concerns and determine if you would like to proceed. It is important for you to feel comfortable with me.

Our work together requires a significant commitment of time, energy and resources so I want you to make the best choice possible for your needs.

Holistic Counseling/Psychosomatic Therapy is a voluntary process and you have the right to end our therapeutic relationship at any time. You always have the right to question or discuss any of the counseling techniques or suggestions we explore in session. If you have questions about my procedures, we should discuss them whenever they arise. If your doubts persist, I will be happy to help you set up a meeting with another mental health professional for a second opinion or referral.

**COUNSELING RELATIONSHIP** The nature of therapeutic relationships can be very personal. However, our relationship is strictly professional, and the focus will always be on you.

MEETINGS Individual sessions are 60 minutes in length.



### **PROFESSIONAL FEES**

Holistic Counseling, 60 minutes, \$130 + HST Psychosomatic Therapy, 60 minutes, \$140 + HST

**BILLING AND PAYMENTS** Payment is due in full at the time of service. Check with your Extended Health Insurance provider for coverage.

#### **MENTAL HEALTH EMERGENCY**

If you experience a mental health emergency, or are in crisis, call 911 immediately or report to the nearest emergency room.

**PROFESSIONAL RECORDS** The laws and standards of my profession require that I keep treatment records.

**CONFIDENTIALITY** Privacy of all communications between a client and a Holistic Counselor/Psychosomatic Therapist is confidential and I can only release information about our work to others with your written permission or when required by law. However, limitations and exceptions do exist. If I believe a child, elderly person, or disabled person, is being abused, or if I determine that you are a danger to yourself or someone else I am required to contact the appropriate authorities. I may occasionally find it helpful to consult other professionals about a case which is a common professional practice. During a consultation, I make every effort to maintain confidentiality and the consultant is also legally bound to keep the information confidential.

Should you seek insurance reimbursement for these services, disclosure of confidential information may be required to process your claims. I have no control over what the insurance company does with the information you have authorized me to release. In most legal proceedings, you have the right to prevent me from providing any information about your treatment. In some proceedings involving child custody and those in which your emotional condition is an important issue, a judge may order my testimony if he/she determines that the issues demand it.

**ETHICAL AND PROFESSIONAL STANDARDS** As a Holistic Counselor/Psychosomatic Therapist, I abide by the ethics and standards of my profession. I assure you that my services will be rendered in a professional manner consistent with accepted legal and ethical standards. If at any time for any reason you are dissatisfied with my services, please let me know.

**CONSENT TO TREATMENT**: By signing this Client Information and Consent Form as the Client or Guardian of said Client, I acknowledge that I have read, understand, and agree to the terms and conditions contained in this form. I have been given an appropriate opportunity to address any questions or request clarification for anything that is unclear to me.

I, _(print name), offer my full
consent to Holistic Counseling/Psychosomatic Therapy sessions. I understand that I may
discontinue a session, or sessions at any time. If I have been diagnosed by a licensed health
profession as having any disease, injury, or other physical/mental health condition, I understand
that these sessions are not a substitute for any treatment or therapy previously ordered,
prescribed, or recommended by that health professional. I understand that Asiah Rogowy RMT
DN MA MSc PhD is not a medical doctor, does not practice medicine, does not diagnose or treat
for a specific illness, does not prescribe or adjust medication. I understand that Asiah Rogowy
RMT DN MA MSc PhD, as a Holistic Counselor/Psychosomatic Therapist, is not regulated or
licensed. Holistic Counseling and Psychosomatic Therapy are complementary therapies that
offer facilitation and space for healing.



Your signature below indicates that you have read the information in this document and agree to abide by its terms during our professional relationship.

Print Name:	 	 	
Signature: _	 	 	
Date:		 	

Holistic Counseling and Psychosomatic Therapy sessions are not a substitute for medical care.