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Wellness Evaluation

Traditional Naturopathy

Natural Medicine

Holistic Counseling

Natural Lifestyle Education

INFORMED CONSENT

I hereby request and consent to the performance of Health and Wellness Coaching, Traditional Naturopathy, Holistic Counseling, Natural Lifestyle Education, and Somatic Awareness Therapy by Asiah Rogowy RMT DN MA MSc PhD.

The consult and/or session will provide information and guidance about health factors within my own control: mindset, diet, nutrition, and lifestyle.

I understand that Asiah Rogowy RMT DN MA MSc PhD is not a medical doctor MD- does not dispense medical advice, nor diagnose or treat any medical condition, but will provide wellness and health support, and education.

I understand that Asiah Rogowy RMT DN MA MSc PhD provides education and teaching to enhance my knowledge of health through the use of herbals, homeopathics, botanicals, aromas, remedial exercise, breathing exercises, hydrotherapeutic applications, therapeutic yoga practices, holistic and superfood nutrition, detoxification support, lifestyle and mindset changes, emotional awareness, and self care practices that will nourish, motivate, support, and create momentum that ignites movement forward.

I understand that Asiah Rogowy RMT DN MA MSc PhD is a Doctor of Natural Medicine, Traditional Naturopath, Wellness and Life Coach, Somatic Therapist, Registered Massage Therapist, and Holistic Counselor. I understand that the support, guidance, and education she offers within the Wellness Coaching and Holistic Counseling framework applies Humanistic and BioDynamic Psychology, Traditional Methods of Naturopathic Assessment and Evaluation including those from Traditional Chinese Medicine, Ayurvedic, Unani Tibb, and Herbalist models. She does not perform and/or evaluate using blood tests, lab work, IV injections etc. I understand that she does not hold an ND license and is not a Naturopathic Doctor licensed and regulated in Ontario, Canada. I understand that ND professionals are skilled in other ways and evaluate and diagnose from an allopathic model of medicine, mixing modern Western Techniques along with Traditional methods.

I understand that Holistic Counseling services involve the provision of professional counseling to address personal, social, emotional, and behavioral issues. I understand that these services are confidential and are designed to help explore and resolve personal challenges, gain insight and self-awareness, and make positive changes in life. These counseling services may include techniques and interventions, such as cognitive-behavioral therapy, positive psychology, mindfulness, and psychoeducation. The specific techniques and interventions will depend on your needs and goals.

Participation in any of these evaluations, assessments, therapies, and/or counseling is voluntary, and you have the right to withdraw at any time. You are under no obligation to continue any of these services if you feel that they are not helpful or if you are not comfortable with the therapeutic process.

All of these services embrace a collaborative therapeutic process, and your active participation is essential to the success of the work. You are expected to be open and honest to the best of your ability, to attend scheduled

Somatic Awareness Therapy

appointments, and to actively engage in the therapeutic process. We will work together to identify your health goals and develop a treatment plan and Natural Health Strategy that is tailored to your unique individual needs and circumstances.

There are no guarantees of specific outcomes or results. The effectiveness of any of these services is dependent on many factors, including motivation, commitment to the process, and the nature of the issues being addressed.

In an emergency or a crisis, please contact emergency services immediately.

While the above mentioned natural and holistic therapies can complement my medical care, I understand these services are not a substitute for medical care.

Methods of traditional evaluation or testing are intended as a guide to developing an appropriate health-supportive program for me and to monitor my progress in achieving my goals.

If I am under the care of another healthcare professional or currently using prescription medications, I am encouraged to discuss any dietary changes or potential dietary supplements use with my doctor, and should not discontinue any prescription medications without first consulting my doctor.

The care that I receive during the aforementioned health and wellness sessions is separate from the care that I receive from any medical facility in that the health and wellness sessions are in no way intended to be construed as medical advice or care.

I understand that I am encouraged to continue medical supervision and care by my primary care physician.

I understand that Asiah Rogowy RMT DN MA MSc PhD shall not be liable for any damages arising from personal injuries sustained as a client during or after a session and you, as the client, consent to this session at your own risk.

As a client, I assume full responsibility for any injuries or damages which may occur during and/or after the session. I hereby fully and forever release and discharge Asiah Rogowy RMT DN MA MSc PhD from all claims, demands, damages, rights of action, present and future therein.

As a Doctor of Natural Medicine, Wellness Coach and Holistic Counselor, I must be aware of all your health conditions due to potential contraindications. I have disclosed all such conditions. I will also update any changes to my health in future sessions.

I understand that I have the right to make informed decisions about my participation in any of these services. This means I have the right to ask questions and receive information about the therapeutic process before deciding to participate.

I understand that Holistic Counseling is defined as the provision of assistance and guidance in resolving personal, social, or psychological problems and difficulties. It is integrative and humanistic. Somatic awareness involves directing a patient's attention to interoceptive or body experience and associated feelings for the purpose of self-healing and achieving health.

Rather than focusing on a narrow problem, Holistic Counseling considers mental, physical, and spiritual factors that influence a person's well-being and seeks to help people heal and thrive on a deeper level.

Holistic counseling embraces mind and body as a person-centered therapy, by combining aspects of traditional talk therapy and non-traditional approaches, including breathing exercises and visualization. These techniques focus on improving body functioning and encourages relaxation as a way to improve health.

As a body-centric mindful approach it utilizes strategies to heal trauma, stress, and other mental health imbalances. It fosters a greater sense of self-awareness to better understand the connections between body, mind, and relationships and how these elements play a role in mental health.

Traditional Naturopathy, often referred to as Naturopathic medicine, is a system that uses natural remedies to help the body heal itself. It embraces many therapies, including herbs, massage, acupuncture, exercise, and nutritional counseling. Naturopathy was brought to the United States from Germany in the 1800s, but some of its treatments are centuries old.

I understand that Asiah Rogowy RMT DN MA MSc PhD does not follow an allopathic framework, and does not provide blood tests, lab test, IV drops and other modalities and services offered by ND's.

As a Wellness Coach, Doctor of Natural Medicine, and Holistic Counselor , the work is to support the individual in the process of making healthy and balanced choices. It's important to emphasize that this work is not prescriptive, meaning that it doesn't tell the clients what to do. Instead it helps to examine Natural Lifestyle choices, moving along a personalized plan, and forward to a unique wellness journey and a balanced life.

Wellness Coaches understand the science behind behavior that builds Holistic Wellness and Wellbeing. Then they use expertise to support their clients. This Coaching and Counseling role is unique among health, fitness, and wellness professionals.

Cancellation Policy: A 24-hour notice is required for cancellation of your appointment.

All information will be kept strictly confidential and will remain with your health and wellness coach unless written consent is given.

Your signature (electronic and/or physical) below indicates that you have read this Agreement and voluntarily agree to the terms.

Client Full Name _____

Client Signature _____

Date: D _____ M _____ YR _____