

Lori Volpe, B.A., S.E.P.

Opening In

“Trauma need not be a life sentence. Of all the maladies that attack the human organism, trauma may ultimately be one that is recognized as beneficial. I say this because in the healing of trauma, a transformation takes place – one that can improve the quality of life.” Peter Levine

Agreement Form (scope of practice, process, confidentiality, fees, payment, cancellations)

SCOPE OF PRACTICE

- Individual sessions are designed to facilitate personal growth, trauma resolution, nervous system regulation, and to promote a greater sense of wellbeing.
- As a certified Mind Body Practitioner, trained Somatic Experiencing (SE) Practitioner, Mindfulness Based Stress Management (MBSM) facilitator with certifications in various trauma-related trainings, I employ mind-body interventions and stress-reduction techniques that complement traditional medical and psychological care. Which model and modalities/interventions I employ will be tailored to your situation and goals. I am not a psychologist or licensed therapist.
- I only work within the scope of practice described above. If at any point during our work together either of us determines that you would be better served by a different modality or provider, you are free to seek consultation elsewhere.

You acknowledge that I am not a physician or licensed therapist, and that I will not be diagnosing, prescribing medication, or treating any physical or mental ailments.

Client initial here _____

PROCESS

Somatic Experiencing (SE), Inner Relationship Focusing, Internal Family Systems, attachment theory, mindfulness, and neuroscience-based nervous system regulation techniques are the basis of my interactions with clients. The client’s felt sense is used to access the innate healing capacity.

SE is a research-supported approach to the resolution and healing of trauma developed by Dr. Peter Levine. It is intended as a gentle approach to trauma resolution that can result in a several benefits, such as relief of traumatic stress symptoms, increased resiliency, and resourcefulness. “Fortunately,” writes Levine, “the same immense energies that create the symptoms of trauma, when properly engaged and mobilized, can transform the trauma, and

propel us into new heights of healing, mastery, and even wisdom. Trauma resolved is a great gift, returning us to the natural world of ebb and flow, harmony, love, and compassion.”

- SE employs awareness of body sensation to help people "renegotiate" and heal rather than re-live or re-enact trauma.
- SE moves us away from the dissociation caused by trauma, into our bodies and into the present moment. It is often experienced as a kind of “coming home.”
- SE's guidance of the bodily "felt sense" allows the highly aroused survival energies to be safely experienced and gradually discharged.
- SE practitioners may employ touch (with the client’s consent) in support of the renegotiation process.
- SE “titrates” experience (breaks down into small, incremental steps), rather than evoking catharsis, which can overwhelm the regulatory mechanisms of the organism.

Please note: The use of SE offers many benefits but may sometimes have unintended side effects, such as sleep disturbances, painful memories, or unfamiliar or uncomfortable body sensations. Such reactions can be attended to in the course of our work together. If you are observing such changes or anything else out of the ordinary, please share this information with me so that we can openly address your concerns. There are no guarantees about what you might experience in SE.

If you feel at any time that I am not a good fit for you or if you would like additional support services, a referral to another provider can be made. You have the right to refuse or terminate our sessions at any time, to refuse SE touch, or any other intervention I may propose or employ. You always have the right to seek a second opinion or additional wellbeing services. If you have any questions about anything mentioned in this form, please ask.

FREE INITIAL CONSULTATION

Our initial consultation takes place by phone and helps us determine the best approach to our work together. We will discuss the reason you are seeking my services, some background information, and whether I am the right fit for your needs. If I feel I cannot help you, I will provide referrals when possible.

CANCELLATIONS

If you must cancel or reschedule a session, please provide at least 24 hours’ notice except in the case of an emergency. If sessions are consistently canceled or rescheduled, I will be unable

to hold our regular meeting time and we may discuss alternate arrangements that may better meet your needs. Sessions are 50 – 60 minutes long and will start and end on time. If you arrive late, the appointment will still end at the agreed-upon time.

EMERGENCY SERVICES

I do not provide any emergency services. Phone and emails messages are ordinarily checked daily but are not for use in an emergency. Responses may take up to 24 hours. In an emergency, call 988 or 911 or report to your local emergency room.

CREDENTIALS

I hold a B.A. (Sociology), am a certified Mind Body practitioner, a fully trained Mindfulness Based Stress Management facilitator, a HeartMath facilitator, have successfully completed the 3-year training to be a Somatic Experiencing Practitioner, am a certified NeuroAffective Relational Mode Professional (for complex PTSD) and have taught yoga and mindfulness for many years. I have also completed various trainings in trauma competency and have taken numerous courses related to trauma and nervous system regulation. My biography is available at OpeningIn.com.

CONFIDENTIALITY

I regard the information you share with me with great respect. I will maintain confidentiality and privacy of our work and my records. I may nonetheless disclose information under limited circumstances:

- If I suspect you intend to harm yourself, another person, or property.
- If I suspect a child, elder, or dependent adult has been or will be abused or neglected.
- If ordered by a judge to release information (subpoena).
- Supervision/consultations with other professionals. It is often helpful for me to consult about ongoing work with other professionals who also maintain confidentiality.

If you are under eighteen years old, please be aware that while the specific content of our communication will remain confidential, your legal guardian(s) may have the right to receive information about you and how our sessions are proceeding.

FEES AND PAYMENT

The charge for an individual session is \$100. I do not participate with insurance companies. All fees are due at the time of each session unless otherwise specified. I accept personal checks, cash, Venmo (@Lori-Volpe-2) or PayPal ([OpeningIn.com, rates page](https://OpeningIn.com/rates)).

Your signature here indicates your acceptance to the terms of this agreement.

Client name (print):

Client signature:

Date:

Thank you for reviewing this form. Please hand-deliver or email to Lori@OpeningIn.com.