

CONSENT FORM INTEGRAL PELVIC THERAPY®

By signing this informed consent about Integral Pelvic Therapy® (IPT®), we both agree that you have been sufficiently informed regarding the treatment.

Integral Pelvic Therapy is a complementary holistic treatment, developed to restore pelvic imbalances via external and internal pelvic mapping/stroking/trigger point techniques.

A session can only be received, after our intake conversation. This intake conversation takes place at least 24 hours separate from the treatment so you have time to process the information and to make an informed decision. The treatment itself can take up to two hours, depending on your request for help.

The session is done by me, Esther Shilo, where I declare to be highly trained and certified to work in the pelvic area as an IPT® Professional Practitioner.

Notice that my work is not meant to replace medical advice, diagnosis or treatment. I might find it necessary to transfer you to another professional, like a physiotherapist, somatic therapist, gynecologist or a general practitioner.

After receiving external or internal bodywork, it is possible that you have a slightly bruised feeling or an increase in your current level of pain or discomfort. This could last for a couple of days. Also, you can feel tired or more emotional after a treatment. But this should subside taking the necessary rest, and plenty of water intake. Most clients feel relaxed and more present in their bodies after their first session already.

The week following the treatment I invite you to share your experiences and if necessary, there is the possibility to ask questions per email. If you feel there is a need for special aftercare, please do not hesitate to contact me. I will make a rapport for you as well after each treatment.

IPT® can bring your pelvis back in alignment, restoring a healthy balance to a hyper/hypotonic pelvic floor. If you used to feel any discomfort due to gynecological problems, you might experience relief from these problems. Another possible outcome is feeling more vitality, more aliveness, more relaxed or a sense of “coming home”.

IPT® sessions are 100% **non-sexual**. I work with the utmost respect, and with informed and embodied consent. You are never obliged to have internal work done. During the intake, we discuss how you can communicate if you feel you want to discontinue the session. You can do this any time during the treatment. Also, we will discuss what informed and embodied consent means and how we work with that. During the whole treatment, we will investigate your embodied consent at all times, to create a safe space and to prevent you from crossing your boundaries.

In some cases, I might not treat you internally if I would find internal touch is not the most beneficial for you. During the intake we can discuss alternative treatment methods. As a client you do not have to be fully naked. As a practitioner I will always be fully dressed.

I work with high standards of hygiene. You are placed on a clean massage table, with a clean towel underneath you, covered under clean blankets. Latex free gloves will always be used while providing internal touch. As a lubricant I will use a lubricant that suits you, like organic coconut oil or a water-based lubricant. Please let me know if you have any allergies. I can also use organic almond oil.

If possible, I would like you to be clean and showered before a session. It is not a problem if you are in your moon time, unless this makes you feel uncomfortable. Most women actually like getting sessions during their moon cycle as it creates a very connected feeling for them, their body and cycle. You also do not need to shave yourself, but only if you like doing this for yourself already. Working with vulvar hair is totally fine and doesn't 'pull' the hairs at all.

You have been notified of the costs of the session(s). Payment is to be received after treatment. When buying multiple sessions at once, payment is expected before the beginning of the package deal.

24 hours before the session it is possible to cancel the session or to reschedule. After that, you agree to pay for the full session within 14 days. In cases of illness of your child, or direct family member, or emergency on your side, cancellation is possible at any time. I appreciate the respect with which these 'last minute' cancellations would be used.

I do not share anything about your personal file with anyone else, except when this is medically necessary, and I have YOUR consent up front. This may be the case when you have multiple professionals working with you at the same time and we need to discuss your treatment.

In order to provide my clients with the best service, I sometimes take part in a peer group, where we discuss our work. In these discussions I might talk about a specific case, but due to patient confidentiality I will never give any information that may lead to your identity. If you do not want me to discuss your case with anyone, you may always tell me up front and I will respect your wish.

I _____ (your name) give permission to _____ (practice name) to give me IPT® Sessions, and I have been properly informed as to what these entail. I have the right to refuse or stop my session at any time.

I realize that _____ (practice name) may also decide to stop or end the session when deemed best for my personal health or issues, and I can do this also.

Clients Name: _____

Client Signature: _____

Date: / / 2022

