

## **Professional Disclosure Statement**

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### **My Qualifications**

I am a Somatic Experiencing Practitioner (SEP) through Somatic Experiencing International (SEI). I have completed studies in the Neuro-Affective Relational Model (NARM), Neuro-Linguistic Programming (NLP), as well as a variety of trainings in somatic touch for trauma resolution including Somatic Resilience and Regulation: Early Trauma and Bodywork and Somatic Experiencing (BASE). Some of my specialized training and certification enables the ethical use of touch in psychotherapy to assist with trauma resolution. I facilitate family constellations. I am also a licensed massage and bodywork practitioner (LMBT NC #17761). I studied massage at the San Francisco School of Massage in 2018. Additionally, in 2010 I was awarded a master's degree in Transformative Leadership from the California Institute of Integral Studies.

### **Future Licensure**

I am pursuing a degree in Clinical Mental Health Counseling at NC State University and anticipate graduating in 2024. Once my schooling at NC State University is complete, I will be pursuing licensure as a Clinical Mental Health Counselor Associate in North Carolina. However, at this time, I am not a licensed counselor nor therapist. You are working with me as practitioner of SE, NLP, and similar modalities. I am currently doing my internship with NC Center for Resiliency, but this work is independent and is not affiliated with them.

### **Background**

I have worked in the healing arts since 2008. Early on that was as an NLP Practitioner, then as a Somatic Experiencing Practitioner, and finally also as a massage and bodywork therapist. My work has evolved to integrate extensive training in the intersection between mind, body, emotions, and spirit.

My theoretical orientation is primarily person-centered and body-centered, and my work is informed by attachment theory and current neuroscience's wisdom on how to restore the nervous system to a resilient state after developmental and/or shock trauma. Issues that clients address in counseling include personal, emotional, professional, relationship, cultural, and spiritual issues, among many others. In essence, this integrative, body-inclusive counseling approach strives to integrate a genuine and empathic relationship with the client, mindful, body-inclusive awareness, and a collaborative effort at identifying what is needed to enjoy a healthier and satisfying life. The experiential nature of our sessions will offer client's opportunities to sample new ways of being in relationship to themselves and others as well as a place to begin to integrate those experiences.

I work with adult individuals, couples, and groups to create positive shifts in areas of life that feel stuck, unhealthy, and unsatisfying. My clinical interests include working with mindfulness and the mind/body connection, helping cultivate secure attachment, healing trauma, increasing resilience, holding space for grief, the ethical use of touch in psychotherapy, working with couples and sexuality, healing shame, and the use of somatic practices, movement, and ritual. I am open to working with individuals and couples of all persuasions as well as committed partners in polyamorous relationships. I have a particular interest in working with those in committed relationships in which one or more partners have experienced sexual trauma that is impacting their capacity for satisfying intimacy. My practice is LGBTQ+ affirmative. I aim to be awake to systems of oppression as well as the intersection between privilege and oppression and to be sensitive to the impact these realities have on mental health and mental health care.

## **Session Fees and Length of Service**

For individual sessions:

I do not accept insurance. My standard fee is \$100 for a 50-minute session. For those for whom this fee would be prohibitive, or who would like to offer a higher fee in support of those who need a lower fee, I offer a sliding fee scale that ranges from \$60 to \$140 a session. The 60-100 range of the scale is offered freely to those who have need of it, and the 100-140 range of the scale is for folks who can afford to offer more generously in support of those who need lower fees and desire to support the sustainability of my sliding fee offerings. I will assume \$100/session unless otherwise discussed. Alternate fees are usually set in discussion with one another as we begin our work and can be adjusted as needed when circumstances change. My fee scale is part of my ongoing commitment to being in community in ways that acknowledge and celebrate that we're all located differently and support us in giving and receiving according to our need and ability.

For constellation group:

I do not accept insurance. I only work on a large sliding scale as it is the only way I have found to both reflect the amount of work and time facilitating Constellations requires of me and to also keep the work accessible as I wholehearted desire to have those who need it have access to it. An average Constellation requires 5 hrs of my time, so my scale is \$100-500. As stated above, if you are financially able to contribute above and beyond the \$500 to help underwrite those who are differently able to financially contribute, that is welcome also.

Constellation group participation:

Attendees are invited to contribute \$10-20 in a bowl near the door. No one is turned away for lack of funds. In fact, I generally have no idea who put what in the bowl. All is appreciated and most goes to room rental.

## **Payment**

I can accept payment via Venmo (@amysomatics) or PayPal (attendtowholeness@gmail.com), or via Cash App (\$amysomatics). If we are meeting in person, then I can also accept cash.

## **Cancellation**

I have a 24-hr cancellation policy. Please give me 24-hrs notice if you need to cancel or change your appointment. You may be subject to our entire agreed-upon fee if you no-show or cancel with less than 24 hours notice.

## **Communication**

You can email me at attendtowholeness@gmail.com or you can call or text as required (919-815-5632). But please know that this is my personal cell number and be courteous about when and how much you use it.

## **Confidentiality**

All of our communication becomes part of the clinical record, which is accessible to you upon request. I will keep confidential anything you say as part of our counseling relationship, with the following exceptions: (a) you direct me in writing to disclose information to someone else (e.g. your physician or psychiatrist), (b) it is

determined you are a danger to yourself or others (including child or elder abuse), or (c) I am ordered by a court to disclose information.

### **Ethics**

I am beholden to several Code of Ethics, including those of the United States Association of Body Psychotherapy (<https://usabp.org/USABP-Code-of-Ethics>). Even though I am not acting as a counselor, I abide by the American Counseling Association's Code of Ethics (<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>). If we are engaging in traditional massage, I am beholden to the Associated Bodywork and Massage Professional's Code of Ethics (<https://www.abmp.com/abmp-code-ethics>).

Problems can arise in our relationship, just as in any other relationship. If you are not satisfied with any area of our work, please raise your concerns with me at once. Our work together will be slower and harder if your concerns are not worked out. I will make every effort to hear any complaints you have and to seek solutions to them. If you have an issue, I hope you will address it directly with me so we can come to a resolution. And, as a licensed massage therapist, you always have the right to file a complaint directly to the NC Board of Massage and Bodywork Therapy (<https://www.bmbt.org/mtpages/complaints.html>) or (<http://www.bmbt.org/downloads/Complaintform.pdf>)

### **Client Rights**

If a client desires a diagnosis or any other type of treatment from a different practitioner, the client may seek such services at any time. In the event a client terminates my services, the client has a right to coordinated transfer of services to another practitioner. A client has the right to refuse my services at any time. A client has a right to be free of physical, verbal, or sexual abuse. A client has a right to know the expected duration of sessions, and may assert any right without retaliation.

### **Risk**

Participation in NLP, SE, Constellations, or any other such modalities may bring up issues of a highly personal nature that may cause you to experience emotional or physical responses that may be unexpected and/or unpleasant. Further, you may experience mental, physical, emotional and/or spiritual distress and that distress may also cause unpleasant symptoms. There is risk of accident, injury and emotional distress. You assume this risk including but not limited to the types of responses and manifestations described. The work is not designed to be a substitute for therapy or any other form of professional consultation. Therefore if you have been treated for, or believe you may have suffered from a physiological disorder, you may want to consider if you are in a position to participate in the work.

### **Acceptance of Terms**

We agree to these terms and will abide by these guidelines.

Client: \_\_\_\_\_ Date: \_\_\_\_\_

Counselor: \_\_\_\_\_ Date: \_\_\_\_\_