

MUKANDAY

CREATING PEACE, PIECE BY PIECE

Welcome

I am delighted to begin our yoga therapy work together. Therapeutic yoga is an inherently holistic approach to getting and staying well. It integrates the body, mind, and soul, and can provide relief for emotional, and physical tensions. Therapeutic Yoga can also bring a deeper level of self-awareness, health, and wellbeing. While therapeutic yoga by itself can alleviate a number of problems, it is particularly effective as a complement to other forms of health care, both alternative and conventional.

I am a Licensed Social Worker (LSW) with long standing experience in that field. However, our work together is in the realm of yoga therapy. Through our work together, I will be drawing upon, and sharing with you the lessons that I have learned through my career as a social worker, aid worker and yoga therapist. At this time, I am consciously choosing to use the yogic technology in our healing journey together and I very much hope that this will be supportive and nurturing for you on your personal development journey.

I am sharing with you my Welcome Letter which includes important information that guides our work together. Please let me know if you have any questions. I am delighted to be working with you and to be supporting you to achieve your wellness goals.

Peace for all,

Nicole Malick, MSW & LSW
Satya Adi Kaur (Kundalini Yoga name)

A. What to expect

What makes Yoga Therapy so beneficial is its ability to affect all levels of the human system. By integrating yoga and meditation practices into your life you will not only feel better, but you will also gain practical tools to actively care for your own health and wellbeing beyond our time together. To this end, my approach is based on your own wellness goals and integration. During the initial assessment period, together we will get to know each other, I will carefully listen to you and learn about your goals and expectations. You will also have time to share with me why you are embarking on a yoga therapy journey with me and I will offer a description of what to expect in future sessions. I am here to support and guide you, however, getting rewards and benefits from this process depends upon you and your commitment to our work and your own process.

B. Assessment period

Our first four sessions are reserved for gathering history, a diagnostic assessment, goal formulation and the collaborative development of a Wellness Plan. This can be a more or less lengthy process depending upon you and your unique needs, and how well you are able to clarify and clearly communicate what you want from our work together. If following the assessment period, it becomes clear to me that my training and experience are not best suited for your needs or falls outside of my competence I will work with you to identify a provider in the community better suited for you. This assessment period is also a time for you to determine if I am the best fit for you, and if you decide that we are not a good match I will offer you a few referrals. I maintain a network of professional referrals with specialties' different from my own for this purpose.

C. Goal formation

Through the creation of goal setting, we together will create a Wellness Plan that is time-bound. This means we will create a realistic and mutually agreed plan that achieves your wellness goals through a specific number of sessions. Each session is bespoke and unique, but you can expect a mixture of talking, movement, and meditation.

Your Wellness Plan serves as a template for our work together and we will periodically review it. It is important to understand that it is not unusual for things to get worse before they get better. Moreover, the process is not predictably linear, and even when clients are feeling successful, periodic setbacks do occur. These should be expected and are a normal part of the healing process. Change is absolutely possible. I ask you to please trust the process and stick with it.

D. Physical movement and hands on assistance

Yoga is more than just a physical exercise. However, physical movement (asana) may be required during our work together. As with any physical activity there is a risk of injury, so learning to listen to your own body and its limits may be a component of our work. Since Yoga Therapy is modified to suit the individual, you do not need to meet any requirements of fitness, age, or health. However, if you are in doubt as to your own fitness, it is your responsibility to consult your physician.

As a standard practice, hands on assistance or physical touch will not be used in our sessions. If for some reason, touch is absolutely required, I will ask permission first. I will then tell you what I am going to do

(e.g. I am going to press on your feet now) and then I will ask if the touch feels okay (e.g. Is this enough pressure, or would you like less or more?). Some people prefer not to be touched at all. If that is you, please communicate that to me clearly at the start of our work. Some people find touch as a tool for calming, grounding, and becoming more aware and present.

E. Working remotely

My sessions are currently held virtually on the Zoom platform. I will start the Zoom call five minutes before our scheduled session to ensure that we begin on time. The Zoom details will be shared via email and will be the same throughout our work together. To ensure that our session is beneficial to you, it is important that you practice somewhere where you feel comfortable, have reliable internet, and that you keep your camera on. This enables me to give feedback on posture or movement and creates a good working environment.

Other considerations, include:

- ◇ Have cushions, a comfortable chair or a blanket nearby
- ◇ Good lighting
- ◇ Include things that you love in your space, such as a candle or a favorite picture
- ◇ Ensure that you have privacy
- ◇ Turn off distractions, such as your mobile phone or emails
- ◇ Wear comfortable clothing

F. Fees

My sessions are generally one-on-one, instructing you on a private basis allows me to gain a deeper understanding of who you are, and your wellness goals. I expect you will see many more benefits than if we were working in a group setting. My fees are as follows:

- ◇ One 60-minute sessions are 108USD
- ◇ 8 package session 808USD (8 x 60 mins sessions)
- ◇ Group session prices are available upon request

G. Confidentiality

All personal information and information related to your services will be kept securely and is strictly confidential, unless you give written authorization. However, there are times when I am legally and ethically obligated to breach confidentiality without your consent. These circumstances include:

- ◇ If there is a reason to believe that you are at serious and imminent risk of physically harming yourself or another person.
- ◇ If there is reason to believe that a child is suffering from abuse and/or neglect.
- ◇ If you have been sexually abused by another regulated health professional.
- ◇ A court has subpoenaed your records.
- ◇ If you bring a complaint against me with the state or with a local regulatory agency.
- ◇ If you are involved in a life-threatening emergency, in which case information pertinent to that emergency may be released.

- ◇ If an involuntary commitment for mental health assessment seems necessary.

Consultation:

To ensure I am giving you the best treatment possible; I do consult with other professionals in consult group formats or through 1:1 supervision. These colleagues are ethically bound to the same tenets of confidentiality. Please know that your identity remains protected during these case consultations.

H. Cancellations

I know that life happens and that things can change. However, I believe everyone's time is important and that is why I adhere to a courteous and clear cancellation policy. My goal is to provide quality service that meets the needs of all my clients.

Individual sessions

- ◇ Your appointment time is reserved just for you, and if you should need to change or cancel your scheduled appointment, I require at least 24 hours' notice in advance of your appointment.
- ◇ I understand that mistakes happen, and emergencies arise. Cancellations less than 24 hours' notice will be charged the full price of the scheduled session, except in the case of genuine emergency. You will not be charged for the first missed or cancelled appointment (with less than 24 hours' notice).

Group sessions

Due to the sensitive nature of groupwork, participation in all sessions is highly encouraged. However, if you need to miss a session, please email me at least 24 hours before the session. Unfortunately, missed group sessions will not be refunded.

Refund policy

All sales are final. Refunds may be granted on a case by case basis, at my discretion.

How to cancel your appointment

In order to avoid being billed for a missed session please email me at nicole@mukanday.com

Should I have to cancel due to illness, the session will be rescheduled to a time to suit all parties.

I. Permission to contact client's main health provider and mental health counselor if needed

My Yoga Therapy approach is as a complementary system of health, not as an alternative one. It supports and works in conjunction with your normal medical protocol, and I ask you to continue your personal health routine as suggested by your doctor or medical professional. In cases where I feel it is important to share with your health care provider, I will consult with you prior and receive your consent.

Contact details

Primary healthcare provider

Mental health provider

J. Staying connected between sessions and emergencies

I am available through email at any time between our sessions. Please allow 48 hours for my response. To ensure the integrity of our work together and to respect the needs of my other clients and my time, it is important to understand that my work is primarily carried out in our allocated sessions. However, I am available for one 20-minute phone consultation between sessions on a case-by-case basis. Unfortunately, text messages and WhatsApp messages are not a viable means of communication. For any emergencies and immediate assistance please call 911 or your emergency hotline.

K. My promise to you

I promise to use the collection of my experiences, education, and power, to promote peace in all communities and within all lives with integrity and the heart. I will endeavor to stay connected, accountable, sensitive, and skillful. I recognize and embrace that through my qualifications and conviction, I can help prevent and repair harm, resolve conflict, promote peace for all and leave the world a better place. This is my promise.

Agreement

I have read and accept the terms of this agreement and hereby authorize (Nicole Malick) to consult with colleagues or her supervisor in order to provide information that potentially assists me in achieving my therapeutic goals.

Client signature

Date