

# **Personal Inquiry Process Disclosure & Informed Consent**

Jaime Dawson, MA

58 Logan Ave S

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## **Disclosure Statement**

Service Description: Personal Inquiry Process is an individualized Expressive Arts Session tailored specifically to the individual's needs and specific area of inquiry. The process takes place over two sessions: Session 1 is a pre-session interview conducted via phone or video call, lasting approximately 30 minutes. Session 2 is an in-person individualized Expressive Arts session lasting approximately 2.5 hours. Check-in following the expressive arts session via phone, video call or email is available by request.

Session 1: Pre-session interview: During this interview, the area of inquiry will be discussed in some detail, forming a specific question or group of questions that will guide the creation of the expressive arts session and the session itself. Session will be scheduled during the interview and deposit is required to confirm the date.

Session 2: Expressive Arts Session: During this session, the question that guides the inquiry will be explored via intermodal art-making (including but not limited to, visual artmaking, movement/dance, guided imagery, poetry, psychodrama, sand play etc). The Expressive Arts Session will likely not provide a direct or specific answer to the question, rather the session is an exploration of the question and often provides new insights, transformative experiences and new perspectives.

Risks and Benefits: Expressive Arts work can evoke powerful emotional experiences that may be painful, uncomfortable or disturbing. While not specifically therapy, Ms. Dawson's therapeutic background and skill set provides a safe container for holding and working through emotional material that arises during the Expressive Arts Session. Additionally, to help mitigate risk, a list of resources, including therapists, will be available upon request.

This process may help clarify, offer new perspectives and/or provide transformative experiences to challenges in your life, be they making difficult choices, exploring specific experiences or patterns, or engaging in something like dream work or other psycho-spiritual issues.

Scheduling and Payment Policies: Scheduling takes place during the pre-session interview where a variety of dates and times will be offered. All effort will be made to schedule the expressive session within two weeks of the interview. A non-refundable deposit of \$50.00 is required to schedule session (due at time of interview). The session fee will also be decided, via a modified pay-what-you-can model.

The remainder of the fee is due at the time of the expressive session. The fee is determined on a modified pay-what-you-can model. The minimum fee is 125.00 (including deposit: 50 deposit + 75 session fee). This minimum fee reflects an at-cost price. You decide beyond the minimum fee what you are reasonably able to afford.

I, \_\_\_\_\_, have reviewed the above disclosure statement and have been given the opportunity to discuss and clarify the service description, risks and benefits, and other policies relating to this service with Jaime Dawson, MA. I understand that Person Inquiry is not a therapeutic service, and consent to the Personal Inquiry process facilitated by Jaime Dawson, MA.

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Signature

Date: