

## CONSENT TO TREATMENT AT WINDS OF CHANGE HEALTH SERVICES

I commit to providing you with individualized treatment stressing education and self-awareness in an atmosphere that is supportive and healing. At your first visit we will focus on your immediate concerns and I will gather information about your medical history in order to determine the best care options for your particular needs. This generally takes 90 minutes and will cost \$140.00 (133.33 + GST).

The second and subsequent visits are between 45 and 60 minutes in length (costing \$61.90 + GST), for follow-up on your personal treatment plan & continuing preventative lifestyle strategies. You can expect possibly 3 visits to get on your way and then visits can occur every 1-3 months for maintenance. Note that I may suggest the following modalities and diagnostic procedures:

- Lifestyle counseling and Hypnotherapy
- Botanical (herbal) medicine and Homeopathy
- Clinical nutrition
- Traditional Chinese Medicine (TCM) including acupuncture and eastern herbs
- Hydrotherapy and/or Bodywork (Massage, Reiki, Bowen, Craniosacral, or Thai Massage)
- Physical examination and pulse & tongue diagnosis (part of TCM work up)
- Doula services
- Labs: Hair analysis, Gastro-test, IgG Allergy test, Pap test, Urinalysis, Glucose test, Stool analysis and other naturopathic laboratory tests

**Not all of the above services will necessarily be appropriate in your case and may or may not be implemented. All procedures and treatments can be fully explained to you, including the expected length of the treatment, any adverse effects of, or alternative choices to, and consequences of not obtaining treatment, before you receive treatments. Do not hesitate to ask questions. All information exchanged between you and your Naturopathic Doctor is confidential, and your privacy is assured.**

Note that sometimes a healing crisis or a return of old symptoms may be experienced for a brief time as you journey towards a higher state of health. A reportable aggravation would be one that disables an aspect of your life or is of a duration that is unbearable. In acupuncture, bruising and bleeding can occur, but a stuck or broken needle is rare. Although Naturopathic Doctors are able to perform chiropractic adjustments, I will refer you to other professionals for these services, as these are regulated health care professions in Alberta.

Any supplements, herbs, or homeopathic remedies prescribed may be purchased from any health food store you choose or may be ordered directly through Winds of Change. I have chosen to provide a dispensary of supplements from reputable companies; for patient convenience, potency of products and consistent results.

### Payment Policy and Missed Appointments

All payments are due when services are rendered. Acupuncture treatments in series may be prepaid, if this is more convenient. Please give as much notice as possible if circumstances cause you to cancel your appointment. Appointment times missed *without notification* will be subject to a missed appointment fee of \$30.

I, \_\_\_\_\_, consent to treatment by my licensed Naturopathic Doctor and  
(Print name)

Certified Hypnotherapist, Sarah-Dash Arbuckle ND (#1590 (AB) + #591 (BC)), CH (#16975). I have read and understood the information above. I will ask if I have questions about the nature of all therapeutic procedures, services, diagnostic tests or fees. I have disclosed all pertinent health information (pregnancy, AIDS, drug use, etc.).

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE