

RACHEL SILVES

Seeds and Stalks

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Consultation Informed Consent Form for Wellness Education: Rachel Silves, MA, owner of Seeds and Stalks provides wellness education with the goal of helping you achieve the highest state of health and wellness consistent with your own goals. Rachel Silves will complete a holistic health evaluation to identify health needs; plan and develop appropriate, mutually agreeable interventions; and work with you to evaluate your progress. This consultation may target specific health needs and/or provide coaching on health, wellness, complementary health modalities, nutrition, and lifestyle modifications supporting greater health and function. Education may include information on using herbs, essential oils, and/or nutritional supplements. As needed, Rachel Silves may make suggestions for aromatherapy and herbal preparations to support wellness and balance within the body.

Medical Disclaimer: Rachel Silves is not a medical doctor or other licensed health care professional. Consultations are not a substitute for medical care and do not include diagnosing or treating disease. Wellness education consultations can serve as an excellent adjunct to a medical doctor's treatment and are intended to expand a client's consideration of available options and are intended to assist with compliance with any medical care a client may be receiving as well as assist in the use of natural means to support health. No aspect of this consultation should be understood as a basis to avoid any diagnostic work-up or discontinue any medical treatment. Clients should follow-up with their physician to discuss any modifications they intend to make to their health protocols, to evaluate any testing results or to change protocols as necessary.

Practitioner's Education: Rachel Silves is the owner and wellness educator at Seeds and Stalks. Rachel's formal education includes a Bachelor of Science degree in Community Health and a Master of Arts degree in Rehabilitation Counseling. College. Classes taken include: Nutrition, Exercise Physiology, Alcohol, Drug & Substance Abuse, Sex Education, Program Planning, Worksite Wellness, Environmental Health, Psychology, Case Management, Employment Development, Medical Aspects of Disability, Vocational & Career Development, Psychiatric Rehabilitation, Counseling Theories, Psychosocial Aspects of Disability, Research Methods, and Group Counseling Theory. Rachel has completed numerous herbal education programs including the Heartwood Foundations program, Advanced Herbal program at Vintage Remedies, and has completed over 2000 hours of herbal study. In addition, Rachel Silves is a certified Level 1 Aromatherapist through the National Association for Holistic Aromatherapy (NAHA) and has completed over 450 hours of aromatherapy education. Rachel also works as an herbal consultant at Living Earth Herbs. Rachel Silves is a student member of the American Herbalist Guild and is currently pursuing professional membership which requires 1600 hours of herbal education as well as 400 clinical hours. Rachel Silves is working with mentors through the American Herbalist Guild and may be presenting clients as case studies with mentors in order to receive feedback. You may request a curriculum vitae for a comprehensive list of Rachel Silves's education and certifications.

Herbalism, Aromatherapy & Approach: Currently, aromatherapy and herbalism are not considered recognized health care modalities in Washington State. As such, there is no state or national licensing for herbal and aromatherapy practitioners. My basic approach is to combine complementary health care modalities with the latest scientific findings and clinical practices. Because each client is unique, I will use various methods in my work with you. My basic healing philosophy is to offer you the support needed to restore your ability to experience balance and harmony in your health. Clients should be prepared to do the healing work and I will work with you to problem solve and address any barriers as they come up.

Initial Appointment and Follow up: Your initial appointment will be 90 minutes in length and will be a comprehensive holistic health assessment. You may be surprised at the scope of the questions on the intake form and please do your best to

RACHEL SILVES

answer the questions on the intake form completely. After the initial appointment, I will provide you with a Wellness Plan outlining what we discussed at the initial meeting along with other ideas/resources. There may be herbal and/or aromatherapy formulas included in the Wellness Plan. You should expect that we will have 1-3+ follow ups together (and more if addressing complex health issues) to make any necessary modifications to the Wellness Plan and/or problem solve. Between appointments I can be reached by email or text message with questions about the Wellness Plan. Please allow 2-3 days for a response.

Safety: While herbs and botanical products are generally available over-the-counter and are considered safe based upon their long history of use, many of them have not been widely tested. The historical record and modern research indicate that herbs and supplements most often used to support health have a good safety record. However, herb, nutrient and drug interactions can occur. Clients should let all practitioners know what herbs or other dietary supplements they are taking, particularly prior to surgery or other procedures. Clients should discuss any concerns with Rachel Silves and his or her physician as appropriate about any adverse effects or reactions. Please disclose: 1) all medications, supplements and herbs currently in use, 2) any liver or kidney disease (past or present), 3) any allergies, 4) if you plan to become pregnant or are currently pregnant or breastfeeding.

Notices

Notice to Pregnant Women: To enhance safety, please let Rachel Silves know if you are pregnant, breastfeeding, or suspect you could become pregnant.

Important Insurance Notice: Rachel Silves's services are not covered health care services and are not reimbursed by insurance, Medicare or any other third-party payor. Payment in full is required at each visit.

Policies: Payment for the consultation is due at the time services are rendered. Except in emergency situations (sickness, family emergency, etc), you will be charged the cost of the appointment for missed appointments without 24-hour's notice. If you arrive to your appointment late, the session will end at the scheduled time regardless of when it started and full payment is expected.

Informed Consent for Wellness Consultation: I understand that Rachel Silves does not function as a medical physician, psychologist or counselor, nor as a licensed practitioner in my state. If I have not already done so, I agree to consult a medical doctor for any serious or life-threatening disease conditions, either for myself or someone under my guardianship. I understand that no recommendations are being made for me to discontinue any treatment being provided by any other health care professional. It is important that I maintain regular visits with my primary care physician and medical specialists as appropriate, to ensure proper medical care. I hereby authorize consultation in wellness and lifestyle activities from Rachel Silves. I understand and agree to the financial and other terms set forth above. I understand the nature of this consultation, including the risks of possible adverse reactions. I have been adequately informed, and my questions have been satisfactorily answered. I am solely responsible for the decision to see Rachel Silves. I represent that I am seeking assessment and consultation to further my own health and for no other reason. I do not represent a third party and sign this voluntarily.

I understand that as a part of her training, Rachel Silves may review consultation cases with her mentor, who is a professional clinical herbalist. Each case history will be presented anonymously to the mentor and all identifying information (such as client name and address) will remain completely confidential.

In order to complete her herbal association membership goals for clinical experience, Rachel Silves will keep a separate list of client names and contact information, along with dates when she/he met with each client for consultation or follow-up appointments. This record will be submitted to the American Herbalists Guild (AHG) as part of her/his

RACHEL SILVES

professional application. There will be no information concerning the nature or details of the wellness consultation included in this record. I understand that in order to verify that this consultation did take place, a representative of the Admissions Committee of the AHG may contact me. Should this verification be required, the AHG representative will not have any information about the consultation nor will they ask any questions about the nature of the consultation.

Date: _____

Client Name (Please Print): _____ Client Signature: _____

Informed Consent for Discussion about or with Minors

I certify that I am the parent or legal guardian of the child/ward and that I have lawful custody for the purposes of authorizing health care consultations and for the release of protected health information. To the best of my knowledge, there is parental agreement about undergoing this consultation. In the event I am or become separated or divorced or any circumstances arise under which a parental disagreement over this authorization becomes an issue, I will hold Rachel Silves harmless.

Name of Patient: _____

Date of Birth: _____

Name of Parent/Guardian: _____

Signed:

Parent(s)/Guardian

Father

Printed Name

Date

Mother

Printed Name

Date