

Sara Sunstein, M.A., Registered Advanced Instructor  
Ortho-Bionomy® Somatic Therapy [www.sarasunstein.com](http://www.sarasunstein.com)  
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## Disclosure and Consent Form

As of January 1, 2003, alternative and complementary health care practitioners such as I, Sara Sunstein, can lawfully practice in the state of California without violating the state Medical Practice Act. Under Sections 2053.5 and 2053.6 of California's Business and Professions Code, I can offer you my services contingent upon this disclosure to you and after obtaining from you written acknowledgement that you have received this information. I will retain a copy of this disclosure for at least three years as required by law.

**Disclosure:** I am NOT allowed to perform the following actions:

- (1) Conduct surgery or any other procedure that punctures the skin or harmfully invades the body
- (2) Administer or prescribe X-ray radiation
- (3) Prescribe or administer legend drugs or controlled substances
- (4) Recommend the discontinuance of legend drugs or controlled substances prescribed by an appropriately licensed practitioner
- (5) Willfully diagnose and treat a physical or mental condition of any person under circumstances or conditions that cause or create a risk of great bodily harm, serious physical or mental illness, or death
- (6) Set fractures
- (7) Treat lacerations or abrasions through electrotherapy
- (8) Hold out, state, indicate, advertise, or imply to a client or prospective client that I am a physician, a surgeon, or a physician and surgeon.

**Services:** The services I provide are not licensed by the State of California. My treatment is complimentary to healing arts services licensed by the State of California. The primary modalities I offer are Ortho-Bionomy® and somatic therapy. These are non-medical approaches, involving gentle touch, movement, and dialog, to access and stimulate the inherent healing power of your own body. They are educational, and while they may result in relaxation and reduction of discomfort, they are not a substitute for medical examination, diagnosis, or treatment.

Ortho-Bionomy® is based on osteopathic science and principles, as well as principles of homeopathy and Eastern martial arts. Somatic therapy evolved from psychology; it uses attention to sensations, postures, emotions, and thoughts to further self-understanding and self-healing on all levels. Blended into my work is also wisdom from other practices including but not limited to vipassana meditation, dance, yoga, sculpting, guided visualization, and Nonviolent Communication.

**Qualifications:** Over 30 years experience in wellness and healing professions; 1000+ hours training in Ortho-Bionomy; 500+ hours training in somatic therapy, including addressing physiology of trauma; 25+ years teaching Ortho-Bionomy® and related topics. Presenter at annual conferences of Society of Ortho-Bionomy International. On-going continuing education courses.

**Please discuss with me** any questions or concerns you may have about my services and qualifications before our session begins.

### ACKNOWLEDGEMENT OF DISCLOSURE AND CONSENT TO RECEIVE SERVICES

I have read and understand the above disclosure. I have discussed with Sara the nature of her services and I have consented to use the services she offers. I agree to be personally responsible for the fee of the session in connection with the services she provides me, and I will pay at the time of service. If I want to change or cancel an appointment, I will provide 48 hours notice or expect to be charged for my reserved time.

Please Print Name \_\_\_\_\_ Date \_\_\_\_\_

Signature: \_\_\_\_\_ Phone \_\_\_\_\_

Email: \_\_\_\_\_