



Agreement and Consent

Yoga Therapy with Children and Teenagers

Between SCHOOL NAME, Parent Name and Rebekah Abhaya, on behalf of child, child name, age .

I am a professional, qualified Yoga Therapist, working in private practice with adults, children and young people. Please read through the following information which outlines the terms for proceeding with CHILD NAME's therapy.

Therapy Sessions

All sessions are up to 50 minutes long and scheduled weekly.

These sessions can take place in person at SCHOOL or at another agreed location.

The SCHOOL will provide an appropriate room with adequate space and ventilation for the therapy to be carried out. For the client to feel safe and settled within the therapeutic process, it is vitally important that the room remain as consistent as possible. All staff within school are to be informed that the room will not be available at the time of our sessions and not to interrupt sessions when in progress. This protects the child's ability to engage safely and confidentially in therapy.

Sessions will take place during term time only.

Confidentiality

In order for your child (the client) to feel safe to explore and share his/her experiences within the therapeutic environment, it is crucial that the therapy be treated as confidential. This confidentiality is between myself (the therapist) and the child (the client) and this has been explained to CHILD. I will not discuss material raised in therapy sessions, with any other parties without CHILD 's consent and this would only be in the event of a safeguarding concern.

This confidentiality is limited by safeguarding laws and regulations which state that in the case of deemed risk of serious harm to either your child or another person, I am ethically bound to disclose any relevant information to ensure the safety of the client or others. I must also breach confidentiality if I am made aware of a serious crime and I am legally bound to report any concerns related to radicalization or terrorist activity.

If this were to eventuate, I would first inform the child (client) of the need to breach confidentiality and I would then inform the Safeguarding Lead at SCHOOL of relevant information and, if necessary, take further action to involve other agencies.

I also make brief, anonymised notes about the themes and therapeutic process as I see it. All of this information is also treated as confidential between the therapist and child and would only ever be shared with your child's consent.

When required, I will endeavor to keep THE PARENT, SCHOOL and other professionals working around CHILD , informed of the progress of the therapy, so that informed



Rebekah Abhaya Yoga Therapy

choices can be made to ensure the child's best interests are always at the forefront of the therapeutic work. While I will occasionally brief interested parties as to the progress of the therapeutic work, please understand that I cannot share the exact details and content of our sessions due to confidentiality.

Systemic Practice

From time to time I may seek to meet with the parent, SENCO or class teacher to provide an update on the progress of the therapy (within confidentiality). Within this I may offer ideas or suggestions for how you can best support CHILD 's therapeutic progress. I would ask that you make every effort to understand that with support from all areas of your child's life, home and school etc., the likelihood of positive change is improved. Occasionally it may be helpful to hold a family session, where a parent is brought into the process. This would only happen with the child's (client's) consent to do so. It is important to emphasise that all family contact in the therapy must have the wellbeing of the child as the focus.

If support or supervision for school staff is required with regard to CHILD , then I am happy to discuss this.

At times, I may be called on to attend a Team Around the Child meeting or similar, with respect to working with CHILD to develop plans to support her needs. If I am able to attend a meeting, I will do so and similarly if a written report is required to support CHILD 's needs, I will attempt to complete this if I deem it to be in her best interests and confidentiality will not be compromised.

Cancellation and holidays

A child's session time is reserved for him/her each week. Usually, I require 48 hours notice of cancellation, otherwise all missed sessions incur the full fee.

If a child is late for a session, I will see them for the remainder of the session time, but will not be able to extend the session past our usual finishing time.

I will give the parent, child and school at least 2 weeks' notice of my holidays and these will not incur a charge.

Payment

The fee for a therapy session is £50

Attendance at formal multi-disciplinary meetings or requests for reports are charged at £40 per hour.

I will invoice SCHOOL at the end of each month.

Ending yoga therapy

It is very important not to hurry the process of ending therapy. It is of course the child's decision when to end yoga therapy, and when that time comes, the duration for the ending process will be discussed with the child and parent. As a rough guide, a minimum of 4 weeks to prepare a child for an ending is optimal. If for any reason I have to end our work together, I aim to give at least 4 weeks' notice.

In the event that I am incapacitated and unable to continue working with the child, I will endeavor to handover the work to another trusted professional.



FOR THE PARENT/GUARDIAN:

I have read and understood the above information and terms and give consent for Rebekah Abhaya to provide my child, CHILD NAME, with Yoga Therapy.

(Parent) Name:

Signature:

Date:

FOR THE SCHOOL:

As a representative for SCHOOL, I have read and understand the above information and terms for Yoga Therapy provision by Rebekah Abhaya for CHILD NAME.

Name:

Role:

Signature:

Date: