

Sexual Abuse / Domestic Violence Statement

Two of the most common forms of trauma in today's society are sexual abuse and domestic violence, which unfortunately, occur at alarmingly high rates. Both men and women can be victims, however women experience sexual abuse and domestic violence at much higher rates. In most cases, recovery from this sort of trauma requires a broad network of professionals, who aid with guidance and support, of which massage therapists are now becoming more involved as members of this team.

If you are a survivor of either or both of these forms of violence, it is extremely important for you to be aware that massage may trigger a strong, emotional response from you. This response is a reaction that may be elicited in any person receiving massage, but it is more important that you, as a survivor, understand that this can happen to you at any time, during your session.

You may or may not wish to tell me you are a survivor, however please know that if you choose to do so during our preliminary discussion, this information will go no further than my office. It may help you to relax knowing that I am aware of the reason you may have some apprehension, or why you may be nervous, however, it is entirely up to you, as to how much or how little you want to share. As a healthcare professional, I am prohibited by law to disclose any information regarding your personal history or care, except with your consent, and I uphold this law to the utmost degree.

My job is to make you as comfortable as possible, so that you are able to relax and enjoy your massage. Your job is to let me know what feels good and what doesn't, and if there are any areas you wish for me to avoid. You may ask me to stop at any time. You are the commander of your journey and it is you, not me, that controls the direction of your session. My office is my sanctuary...my calming place that lets me relax into my "inner me". I hope it can be that calming place for you...a place that is non-judgmental, a place that is quiet, and a place that is safe.

My goal is to develop a trusting relationship with you, so that your massage becomes a positive experience to touch that will help promote a personal feeling of healing, relaxation and well-being within you.

So please take a moment to gather your thoughts, and know that if you are a survivor, whether you choose to tell me or keep this information to yourself, I am extremely honored that you are allowing me to be a part of your healing process.