

Sacred Journeys Wellness Center

Scope of Education, Practice, Ethics and Procedures

Scope of Education (Amanda Andrews Hatfield)

Completed over 700 hours of course study in Anatomy & Physiology and Massage Theory from S.H.I. Integrative Medical Massage School (Graduated in June 2003.) Obtained License in Massage Therapy by the State Medical Board of Ohio in August 2003 (#33.012328) and Certified Nationally by the National Certification Board for Therapeutic Massage & Bodywork in March 2004 (#396036-00)

Completed further certification in CranioSacral Therapy (Upledger Institute), Reflexology, Medicinal Aromatherapy, Reiki/Healing Touch, Integrative Body Coaching, Human Design / Gene Keys Personal Development, and more. Amanda also completes over 24 hours of continuing education for the State Medical Board of Ohio every 2 years and over 50 hours of complementary studies each year.

Scope of Education (Jane Mullins)

Obtained a Bachelor of Science in Education, focusing on child development and behavior, and completed a Masters of Education with Teacher Leadership.

Completed further certification in Reiki Master and Instructor, Healing Touch, Munay Ki Trainer, Emotion Code Practitioner, Emotional Freedom Technique (EFT), Energy Medicine, Spectrahue Color Light Therapy, Medicinal Aromatherapy, Integrative Body and Emotional Coaching, Assertiveness Coaching, Spirit and Truth Heals Coaching, and more. Jane also completes over 50 hours of complementary studies each year.

Modality Definitions

Conscious Connective Coaching incorporates various modalities, including Color Light Therapy, Radiant Energy Therapy (Reiki/Healing Touch,) Sacred Geometry & Sound Frequency, Medicinal Aromatherapy, Assertiveness and Truth Heals Coaching, Emotion Code, Human Design Personality Assessment, etc., to empower one to gently uncover, release, and resolve difficulties in life experiences.

CranioSacral Therapy is defined as a light-touch, manual therapy that releases tensions, as well as restrictions deep in the body to relieve pain and dysfunction and improve overall health.

Massage Therapy is the treatment of disorders of the human body by the manipulation of soft tissue through the systematic external application of massage techniques including touch, stroking, friction, vibration, percussion, kneading, stretching, compression, and joint movements within the normal physiologic range of motion; and adjunctive thereto, the external application of water, heat, cold, topical preparations, and mechanical devices." [Ohio Code 4731-1-05 (A)]

Stretch and Release Therapy is a series of stretches that combines Myo-Neuro Release and Kinetic Chain Release Therapies to bring about postural changes, stimulating the release of restrictions in the body's connective tissue, that will balance and increase energy levels.

Reflexology is a treatment based on the principle that there are reflex areas in the feet, hands, face and ears, that when stimulated, correspond to all of the glands, organs and parts of the body.

In addition, these principles are applied to our **Illuminating Raindrop Therapy**, with the application of medicinal essential oils, to stimulate specific reflex points.

Color Light Therapy combines chromotherapy and crystal-infused light emitters to stimulate and sedates energy flow via acupressure points and following meridian lines.

Reiki and Healing Touch are biofield therapies that involve the practitioner's hands laying on or above the body to clear, energize, and balance the body's natural energy fields and centers.

Scope of Practice

We will represent our qualifications in a respected manner, including education and professional affiliations, and provide only those services that we are qualified to perform.

We will not diagnose a client's condition, whether illness or disease, nor prescribe medications.

We will always refer clients to their licensed medical and mental health professionals and will strive to work in tandem for the client's integrative health goals.

We will always evaluate whether the application of massage therapy or any other treatment session is advisable through medical history forms, SOAP notes, and through verbal, visual, and palpable assessments.

We will rely on the honesty and thoroughness of our clients to provide such information for their health and well-being. In turn, we will provide information or education consistent with those evaluations.

We will terminate a session or treatment plan if we feel it to be harmful to either party.

We will keep such assessments and evaluations in compliance with H.I.P.A.A. Privacy Laws and will not release said information without a signed Release of Information form. We will keep such records in a safe and secure manner. Records will be maintained for as long as there is professional relationship and we will then dispose of said records in a safe manner as well.

We will strive to keep all treatment sessions with a focus on the client's intended treatment goals and will encourage the client to inform us of their levels of comfort and discomfort throughout the session.

We will strive to enhance relaxation, reduce pain, tension, and stress, improve the body's operating systems (both physical and non), and promise to promote healing and well-being through responsible, compassionate, and respectful physical and non-physical touch.

We will provide the same level of attention and care to all clients during their treatment session, whether in person or online.

We will uphold our Code of Ethics and Health and Safety Procedures. As the therapist following the COVID-19 pandemic, this also includes eating immune healthy foods, drinking lots of water, taking immune boosting supplements, using immune boosting pure essential oils, implementing regular Illuminating Raindrop Therapy and Neti Pot sinus flushing, limiting our exposure to large groups or settings, avoiding sick people, and getting the correct amount of sleep and rest.

Code of Ethics

We have commitment to provide the highest quality of care to those who seek our professional services.

We represent our qualifications, including education and professional affiliations, and provide only those services that we are qualified to perform. We are truthful in advertising and marketing, and strive to refrain from misrepresenting our services, charges for services, credentials, training, experience, ability or results.

We accurately inform clients, other health care practitioners, and the public of the scope and limitations of our discipline. We acknowledge the limitations of and contraindications for massage and other therapies and refer clients to appropriate health professionals. We provide treatment only where there is reasonable expectation that it will be advantageous to the client.

We consistently maintain and improve professional knowledge and competence, through regular assessment of personal and professional strengths and weaknesses, and through continued education training.

We conduct our business and professional activities with honesty and integrity and respect the inherent worth of all persons. We refuse to unjustly discriminate against clients and/or other health professionals.

We safeguard the confidentiality of the client's identity and information in all conversations, advertisements, and any and all other matters unless disclosure of identifiable information is requested by the client in writing, is medically necessary or is required by law.

We respect the client's right to treatment with informed and voluntary consent. The therapist will obtain and record the a written or verbal informed consent of the client, or client's advocate, before providing treatment. We also respect the client's right to refuse, modify or terminate treatment regardless of prior consent given.

We provide draping and treatment in a way that ensures the safety, comfort and privacy of the client, and will exercise the right to refuse to treat any person or part of the body for just and reasonable cause. We refrain, under all circumstances, from participating in a sexual relationship or sexual conduct with the client, whether consensual or otherwise.

We avoid any interest, activity or influence which might be in conflict with the practitioner's obligation to act in the best interests of the client or the profession.

We respect the client's boundaries with regard to privacy, disclosure, exposure, emotional expression, beliefs and the client's reasonable expectations of professional behavior. We will respect the client's autonomy.

We refuse any gifts or benefits that are intended to influence a referral, decision or treatment, or that are purely for personal gain and not for the good of the client.

We continue to educate ourselves on current business and wellness practices, including a required continuing education ethics class every 2 years.

Health and Safety Procedures

Prior to the scheduled appointment, the client will be asked to fill out a medical history form, informed consent, and cancellation policy paperwork. All shared information regarding their body, mind, and spirit is kept confidential in compliance with H.I.P.A.A. Privacy Laws and is only used by the therapist for their overall health and well-being.

We have implemented a COVID-19 questionnaire that will be sent and asked prior to each session. This questionnaire will include such questions regarding specific conditions and medications, and if the client or family member has been sick or around someone who has been sick, at which this point, we will have them reschedule and we will void our cancellation policy for that session. We will also ask that each client take and report their current temperature prior to each session or will provide a sanitized thermometer to be used strictly for this purpose and disinfected afterward.

We will also limit the number of clients per day to ensure there is a minimum of 1-2 hours in between each treatment session.

We strive to provide a clean environment for every client, with each session, with regular cleaning and disinfecting.

Upon entering Sacred Journeys, clients will be asked to remove their shoes. This will not only protect our new floors and carpet but will also limit the transfer of pathogens.

Our sheets and blankets are washed in the standard hot bedding setting with strong, yet unscented detergent, and we use wool balls for drying to prevent any allergies to chemical dryer sheets. They are changed after each session and immediately washed every evening.

Any lotions or oils are placed in bottles that prevent cross-contamination and are also wiped down after each session.

After every session, we wipe down and spray treatment areas with disinfectant, as well as any surfaces that have been touched or used like tables, door handles, toilets, etc.

Sacred Journeys is also equipped with a Clean Comfort UV Coil Purifier System. This system uses germicidal UV-C light to inhibit the growth of bacteria, viruses, and other microbes such as mold, to improve the air quality.

We adhere to standard precautions to insure professional hygienic practices.

We vigorously wash our hands before and after each session, and provide bathroom facilities to clients for hand washing, as well as providing CDC approved hand sanitizer.

We wear a mask as personal protective equipment and strongly encourage clients to do the same.

We adhere to respiratory hygiene and cough etiquette by using our elbows to cough or sneeze into and avoid touching our face. We also provide tissues and educate clients in proper hygiene as well.

We continue to educate ourselves on current health and safety practices to ensure mutual compliance.