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Practitioner Disclosure

This is to clarify the nature of my facilitation and educational aspect of sessions. My work with clients emerges from my training as a prenatal and perinatal facilitator, early childhood education, and bodywork training. My approach is body/mind centered, somatically oriented and sensitive to patterns that come from our genes and our environment.

My education and bodywork support babies, children, pregnant couples, adults and families to explore and release early restrictive patterns arising from their prenatal and perinatal experiences. These early times extend from conception through gestation, birth and the post birth attachment phase. Experiences during these early times can effect our development, long term health and well-being; and can leave imprints which influence how we go forward into our lives; how we form relationships and our basic belief systems. My educational classes and sessions support the awareness and release of old patterns, the formation of new ones and the creation of new choices and possibilities.

I also work closely with parents teaching them skills and new ways of perceiving their children's communications; and coaching them towards better ways of meeting their children's needs. My specialty is working with babies and the autonomic nervous system. I have a deep passion for and commitment to understanding the nervous system. The latest research supports the importance of the early development of our social engagement system through the cranial nerves, and how we develop in relationship (attachment). The sessions I offer for families seek to settle the nervous system and impart skills to families for optimal development. Sessions are half play-oriented because that is the language of the child; I follow them in their play and notice patterns, especially patterns of speeding up and slowing down. Bodywork is a part of most sessions.

I am not a psychotherapist, nurse, or a certified mental health professional. I encourage clients to seek traditional therapy for support in their lives if needed and not to perceive this work as a replacement for traditional therapy; or to forego a therapeutic process that they are currently in. In the event that you are currently seeing a therapist, I would need you to first speak with your therapist about this process and get their approval to proceed.

For adults, this work can sometimes bring up emotions and sensations that may be uncomfortable and/or challenging to experience. This is because this work uncovers pre-existing patterns which have, for one reason or another, not been able to come to the surface and which are based in early challenging experiences. If this happens, it is important to remember that this process is voluntary and can be stopped at any time. You always have a choice with me.

Please acknowledge that you are not currently taking any prescribed medications for emotional or psychological reasons: I am _____, I am not_____. If you are, I will need you to contact your doctor/therapist and get their permission to proceed.

When you have fully read and understood these points please print and sign your name.

Client name

Date