

# Session FAQ's

## How Will I Feel Afterwards?

Immediately following your session, you will be asked to take some time to enjoy the deep state of relaxation and to slowly come back into full awareness. Because the physical body is made up of 70% – 80% water, please drink plenty of water before and after your session to accommodate the flow of energy and to help flush out your system. You may have to go to the bathroom more frequently, and feel the need for more rest.

Clients should be observant and notice their thoughts, behavior, reactions, feelings, energy levels immediately following, and for the next few days after their session. Many clients with chronic conditions notice an immediate reduction in pain and symptoms. There can sometimes be a flare up of symptoms that recedes in a day or two. Feeling is healing!

## How Many Sessions Will I Need?

You may only need one session, but each individual is unique and it depends on why you are being seen. In some cases, a series of 3 or more sessions is recommended. Clients are expected to take an active part in their healing process. Healing is your responsibility and takes physical, emotional, and spiritual commitment.

Many clients who lead stressful lives, book regular appointments to allow their body to be in the deep state of relaxation that they normally do not or cannot experience on their own. Each session is individual and based on your personal needs.

## What is my Role as Client?

**My clients are required to take an active role in their own healing and growth process.** I may give you functional exercises to do between sessions, and I expect that you will follow through as this helps prevent setbacks in your treatment process. This allows the body to reorganize itself and adapt more quickly, and for more rapid physical and emotional transformation. Communicate with me about

what's going on and how you are feeling, but try to stay away from "stories". Most often I find that these stories we tell ourselves and others may be camouflaging deeper feelings. Listen to your body before, during and after your session. Identify any areas of redness, tenderness, tightness or tingling in your body, and feel free to share this information with me as it directs me to key reference points on your journey to healing.

Concentrate on the areas where sensation is present. If you are experiencing pain, sink into it through the sense of 'feeling' rather than 'thought'. Ask questions of the pain as to its origin, and where it is connecting internally. Sometimes images and emotions come to the surface which bring clarity and release of the pain and its underlying cause.

Allow yourself to fully feel and express any emotions as they surface, to help your body soften and release the area where the emotions were stored. Use images or memories as they surface to dig deeper and get closer to the source of the pain.

You may share any sensations, feelings or images that come up with me, and if I ask questions, allow the response to come from your body or your heart, not your head. As they say, SILENCE can be golden as well.

Lastly, visualize your goals! Try to visualize every tiny detail as vividly as possible, then support yourself in accomplishing this achievement. Be open and allowing to unlimited possibilities, and LET GO!

## **IMPORTANT INFORMATION:**

### **CANCELLATION POLICY**

Please cancel a minimum of 24 hours prior to your scheduled appointment. Late arrivals are responsible for full amount of payment for the session. No shows may reschedule by prepaying their 1st appointment. Please cancel a minimum of 24 hours prior to your scheduled appointment. Late arrivals are responsible for paying session in full, and will receive the remaining time only. No shows may reschedule by prepaying their 1st appointment.

## **SESSION ATTIRE**

If you are receiving bodywork, please wear loose shorts for your session. For women, please bring a sports bra or loose tank top to change into for your session. Full coverage undergarments or swimwear are acceptable. This allows me to see the body throughout functional range of motion, witness dysfunction and areas of restriction, and perform fascial manipulation on the surface of the skin. Please refrain from using body lotion and heavily scented products prior to your session. For all other sessions, please wear loose, comfortable clothing.

## **FIRST SESSION & EVALUATION**

A portion of your first session will include an assessment of postural alignment, gait pattern, and range of motion, and discussion of your health history based upon your Client Profile Form.

## **INSURANCE BILLING**

I do not accept or bill Insurance Companies, or submit any form of paperwork. I will provide you with a paid receipt that you can submit on your own to seek reimbursement.

## **PAYMENT METHODS**

I accept most forms of payment for sessions and events: VISA, MC, AMEX, CASH, CHECK, PAYPAL, VENMO. Payments must be made in full at the time of your session. Returned checks will incur an additional \$50 fee.

Thank you for trusting me to assist and participate in your journey!

Phyllis Douglass

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