

Disclosure and Contract

This information is intended to inform you about my professional background and to describe certain aspects of our therapeutic relationship. Please read it carefully and ask any questions you may have.

Qualifications. I received my Master of Occupational Therapy (2019) degree as well as my Bachelor of Science in Health Science Studies (2017) from Quinnipiac University. Additionally, I have completed continuing education including earning a certification as a Level 1 Certified Coach from Precision Nutrition, which led to my decision to start Growth Nutrition LLC. I also hold certifications from Graston Technique and Crossfit, as a Level 1 Trainer. I completed my final fieldwork rotations with Fox Rehabilitation in the summer of 2018 and at Valley Collaborative in the fall of 2018. I am currently licensed to practice as an occupational therapist in the state of Massachusetts and New Jersey.

Background and Process. My occupational therapy work has focused on adults with intellectual and developmental delays, older adults with chronic or acute conditions, middle- and high-school aged children with various emotional and behavioral conditions, as well as children ages 0-3 years old with developmental delays and their families. Currently, I work in a busy outpatient clinic with an emphasis on hands-on techniques and therapeutic exercises to eliminate pain and increase function. Some of the areas of occupational therapy addressed with these populations included engagement in social participation and leisure activities, upper extremity strengthening and range of motion, endurance, dynamic and static balance, environmental adaptations, activity modifications, health and wellness-based interventions, fine motor skills, cognitive-based interventions, handwriting interventions, gross motor skills, behavioral interventions, family-centeredness, and many others.

My primary approach to occupational therapy with Growth Nutrition LLC, with a specific focus on lifestyle and nutrition, is a health promotion approach. This includes efforts designed to reduce the onset of unhealthy conditions, diseases, or risk factors. It also includes integrating client-centeredness, empathy, non-judgment and supportiveness, and remediation of the underlying deficits or challenges that are leading or might lead to difficulties with daily living skills in the context of a client's unique life. Additionally, this approach strives to balance mindful awareness, a genuine and empathic relationship, and a collaborative effort at identifying what gradual changes a client can make to minimize resistance and maximize growth.

My role is to assist you to reach whatever goals you may have for yourself by providing non-judgmental support and helping to facilitate your journey. I aim to empower you and assist in expanding awareness in your unique life.

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Although our conversations may be personal and even emotional, please understand that it is a professional relationship rather than a social one. Maintaining professional boundaries for both client and occupational therapist is a vital component in the therapeutic relationship, and I will uphold those boundaries in order to ensure an appropriate therapeutic relationship and a more positive outcome. In regards to social media, please do not take offense in not sharing social media accounts (unless they were already coincidentally shared prior to initiation of this professional relationship).

Length of Service. The length of plan is either 3, 6, or 12 months in duration. Clients may choose to extend their plan by emailing emily@ot-growth.com at least two weeks prior to their program ending. Arrangements can be made if I am notified later than that time frame, but to best serve you and your current plan, two weeks notice is ideal.

Private Pay Costs of Occupational Therapy Services. Methods of payment accepted at this time are credit cards, and payment transactions will be completed by the third party company, Stripe. If choosing to pay on a monthly basis, you will be charged once a month according to your selected plan.

- 3-month plan: \$175/month
- 3-month plan, paid in full: \$445.00
- 6-month automatic plan: \$99/month
- 6-month plan: \$165/month
- 6-month plan, paid in full: \$840.00
- 12-month automatic plan: \$79/month
- 12-month plan: \$155/month
- 12-month plan, paid in full: \$1580.00

Cancellation and Refund Policy. There is a 14-day refund period for all plans, which begins the day your plan starts (plans typically start the upcoming Monday after purchase). Refund is only available during this time. You may cancel your plan at any time by sending an email to emily@ot-growth.com.

Precision Nutrition's ProCoach. This is the software where we will be spending the bulk of our time together. Once you purchase your plan, you will receive an email to register for your ProCoach account. You will first complete a comprehensive intake assessment, and then I will customize your plan and begin the 3, 6, or 12 month process. Every day, you'll get a lesson and a nutrition or lifestyle habit to practice. You can either read the daily lesson or listen to it like a podcast. We will practice a new nutrition habit every two weeks, with every lesson designed to help you get results. Along with your nutrition habits, we will work together to create and practice healthy habits across every aspect of your life, such as sleep and stress-management. This program will track your measurements and all of the habits throughout your plan. You can also message me directly through ProCoach, as well as through email (emily@ot-growth.com). Our formal check-ins will primarily be to review how your ProCoach plan is going, as well as

discuss any challenges, successes, questions, and/or anything else to ensure you are making progress towards your goals.

As ProCoach is a software used by the company Precision Nutrition, the software will often refer to itself (Precision Nutrition) quite often. Please keep in mind that I am the one who will be directly messaging you, reading your intake and daily practices, and the one who ultimately is “coaching” you. Precision Nutrition does not have direct access to your personal information, unless otherwise stated in their terms and conditions. There are terms and conditions directly on ProCoach to agree to during the initial intake assessment.

Communication and Missed Check-ins. If you find that you must cancel or reschedule a formal check-in, please make an effort to contact me at least 24 hours in advance.

It is up to you to initiate communication with me throughout your plan. Though we will ideally have formal check-ins that we will schedule at least twice per month, it is up to you to indicate if you would like more (or less) frequent formal check-ins and to actively reach out between those check-ins (i.e., emailing, phone calls, video chats, messages through ProCoach).

Due to the nature of this process, it is normal to have times where you would like more distance due to a plethora of reasons, and may not return messages, etc. In our first week, we will collaboratively identify how we will work through that anticipated challenge, should it occur, to ensure you are still maximally supported during that time.

If something comes up during our plan that is outside my scope of practice (i.e. treating eating disorders, etc), please understand that I will need to refer you to the most appropriate health care provider and will discuss the unique circumstances with you as promptly as possible.

Effects of Occupational Therapy-based Nutrition and Lifestyle Coaching. Beginning a journey towards your health goals is a brave decision that may challenge you at times. Those who are open to the process of change, are consistent with their daily ProCoach habits, actively reach out to me, and are willing to work on goals and behaviors throughout each day tend to benefit the most and experience the most positive change.

Confidentiality. I consider your confidentiality extremely important and will keep confidential anything you say or disclose via messaging (i.e., emails, ProCoach-related messages, etc) as part of our therapeutic relationship. Please see the Privacy Policy for more information.