

Amy Marsh, EdD, DHS, CH, CI

Sexological Counseling, Coaching & Education.

Hypnosis for Sexual Health & General Wellness

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The goal of this practice is (1) to support adult clients who wish to improve, enhance, and enrich their opportunities for sexual expression and satisfaction in consensual intimate relationships, and (2) to support clients in their goals for sexual health and general wellness, using hypnosis, self-hypnosis, and other self-help skills.

Nature of Sexological Counseling, Coaching, & Education

The professional discipline of sexology is grounded in the scientific study of human sexuality as well as the understanding that accurate information and positive support are essential to fostering pleasure, emotional intimacy and sexual health. Clinical sexologists are not licensed as such, though they may be board certified by a professional organization such as the American College of Sexologists International.

Sexological Counseling & Education (also known as sex counseling and/or sex coaching):

- is sex and pleasure positive;
- is accepting and supportive of sexual and gender diversity;
- assists attitudinal and behavioral change for the client;
- is individualized and client centered and focuses on client strengths and resilience;
- is completely confidential;
- does not replace psychotherapy and is not based on a psychological model of human sexuality;
- does not involve intimate touching between client and counselor;
- Is complementary to medical, mental health, and wellness activities. It does not replace treatment by licensed medical or mental health professionals.

My practice provides you with an opportunity for growth and self-discovery in the context of a safe, supportive educational setting. I have the commitment to work with you to increase your awareness of your sexual, sensual and intimate choices and to empower you to live according to your own values, desires and pleasures.

Sexological Counseling & Education is eclectic. In my practice I offer many techniques and strategies to assist you: taking your sex history, discussion, sensate focus exercises, coaching, hypnotism, guided visualization, EFT, sandplay exploration (using small figures and a sand tray), breath work, sexual enhancement suggestions, home assignments (alone or with a partner), reading and viewing sexually explicit media, body image exercises, basic tantra methods, etc.

Medical evaluation: If you have not been evaluated by a medical professional in the last six months, in cases of sexual dysfunction, I will ask that you see your medical provider for a check-up before or immediately after we begin working together.

Nature of Hypnotism

Hypnotism provides intuitive insights during deep relaxation. Clients remain completely aware and under control while in hypnosis. Hypnotism is complementary to medical, mental health, and wellness activities. It does not replace treatment by licensed medical or mental health professionals. Hypnotists

are not licensed. Hypnotists and hypnotherapists are certified professionals, pledged to meet the highest standards set forth by the National Guild of Hypnotists or other professional hypnotist organizations. I practice according to the NGH Code of Ethics and Standards.

Hypnotism & Hypnotist Disclaimer

The services I render are held out to the public as non-therapeutic hypnotism, defined as the use of hypnosis to inculcate positive thinking and develop the capacity for self-hypnosis. I do not represent my services as any form of health care or psychotherapy, and despite research to the contrary, and according to laws in some states, I may make no health benefit claims for my services.

As required by California Business and Professions code, sections 2051, 2052, and 2053, specifically 2053.5, the following information is provided:

Nothing in this web site is intended to hold out, state, indicate or imply that Amy Marsh is a physician and/ or a surgeon. (Dr. Marsh holds two doctorate degrees in human sexuality – but these are professional and academic, not medical.) Hypnotists and Hypnotherapists are not licensed by the State of California and are not medical practitioners.

Treatment with hypnosis/hypnotherapy is complementary to healing art services licensed by the state. The hypnotherapist/hypnotist does not diagnose, cure, or treat in any way, medical conditions, illnesses, or diseases. Hypnosis/Hypnotherapy is not the practice of medicine, psychology or psychiatry, and is not in any way intended to be a replacement for diagnosis or treatment of any complaint or ailment. Persons with mental disabilities or mental illnesses should seek psychiatric care.

Training and Education - Relevant Qualifications

Certified Sexuality Counselor: I am a certified sexuality counselor through the American Association of Sex Educators, Counselors and Therapists (AASECT).

Sexologist: I have Doctor of Education in Human Sexuality (EdD, 2011) and Doctor of Human Sexuality (DHS, 2008) degrees from the Institute for Advanced Study of Human Sexuality (IASHS) in San Francisco. At the time of my training, IASHS was a private graduate school approved to offer degrees by the State of California Bureau for Private Postsecondary Education. IASHS training is certified by the American College of Sexologists (ACS).

Certified Consulting Hypnotist (CH, 2008) and Certified Instructor of hypnosis (CI, 2011) through the National Guild of Hypnotists.

Ipsalu Tantra - I am certified as an apprentice teacher through Ipsalu Tantra International (licensed through 2018). Marriage Education - I am a trained Prep.inc "marriage educator" (2006).

Informed Consent

Professional Relationship: My services are usually rendered in the context of client-focused, short-term programs. I recommend starting with an expectation of 4-8 sessions, with an assessment review at the fourth session. Although counseling and/or hypnotism are generally beneficial for most people, I cannot guarantee specific results. If you experience a mental health emergency, please contact your regular therapist or doctor immediately. If necessary, obtain crisis services by going to a nearby hospital emergency room.

1) I do not discriminate on the basis of race or ethnicity; gender and gender expression; religion; national origin; sexual orientation, lifestyle or preferences; or physical disability. I am a KAP-listed professional through the National Coalition for Sexual Freedom (NCSF) website.

2) Client Rights: My services to you are rendered in a professional manner consistent with accepted ethical standards. If at any time for any reason you are dissatisfied with my services, please let me know. You have the right to discuss and/or refuse any techniques or suggestions that you believe might be inappropriate for you.

A) Sex Counseling Redress: I am a certified sex counselor through the American Association of Sex Educators, Counselors, and Therapists (AASECT) (renewed in 2015) and I practice in accordance with its Code of Ethics. If you have a complaint about my services or behavior that I cannot resolve for you personally, you may contact AASECT at 1444 I Street NW, Suite 700, Washington, DC 20005, (202) 449-1099.

B) Hypnosis Redress: I am a certified member of the National Guild of Hypnotists (NGH), and practice in accordance with its Code of Ethics and Standards. If you have a complaint about my services or behavior that I cannot resolve for you personally, you may contact NGH at P.O. Box 308, Merrimack, NH 03054-0308, (603) 429-9438.

3) Fees and Cancellation Policy: My hourly rate is \$80.00 per hour for sex counseling/hypnosis or [] per hour if a sliding scale fee is agreed upon. I do not take insurance. You may pay using cash, check, or make credit card payments using PayPal through my website: www.amymarshsexcounseling.com.

Sliding scale fees may be available, based on need. Please discuss with me prior to the first appointment.

In the event that you will not be able to keep an appointment, please notify me at least 24 hours in advance at (707)515-5025 or via email at dr.amymarshsexologist@gmail.com. If you cancel without 24 hours notice, I will have to charge for the time you booked.

4) My Need for Disability Accommodation as a Provider. Please note: I have a disability that needs accommodation. In order to stay healthy, I must ask that all of our sessions be "fragrance free." If you arrive for an appointment wearing scented products, or if your clothing is scented, I will have to cancel your appointment and reschedule. The fee for rescheduling under these circumstances is half the hourly rate.

5) Confidentiality and Records: I will not release any information about you or in your files to anyone without written authorization from you, except as provided for by law. You have a right to be allowed access to my written record about you. Please give me 24 hour notice to provide copies of material in your file.

According to the AASECT Code of Ethics, I shall divulge information received from a consumer or prospective consumer to the extent required only in the following circumstances.

(A) When the consumer provides written and informed consent, which indicates:

- (a) The type and nature of information to be released;
- (b) Knowledge of the purpose for which the information will be used;
- (c) Designation of the source that will receive the information;
- (d) That the consent is given voluntarily and with competency; and
- (e) The consumer's name and the date on which the consent is given.

(B) When there is clear and imminent danger of bodily harm or to the life or safety of the consumer or another person, disclosure shall be made in accord with the laws of the jurisdiction in which the AASECT member practices.

6) Conditions of Our Appointments: I reserve the right to postpone and/or terminate the professional relationship:

- A) if you come to a session under the influence of alcohol or drugs;
 - B) if you repeatedly come to an appointment wearing scented or fragrant products or otherwise endanger my health and well-being;
 - C) if I feel you will be better served by seeing another type of helping professional, such as a therapist or medical doctor;
 - D) if I learn that you are battering your partner/spouse or other family members;
 - E) if I am impaired or prevented in providing counseling and education to you, due to illness or unavoidable personal events.
 - F) if you have withheld relevant information regarding your medical condition or personal information.
 - G) if you find you have misunderstood the nature of this professional counselor/client relationship.
- In all cases involving termination, I will make an effort to provide you with referrals, but cannot guarantee that specific categories of providers or individual providers will be available.

7) Referrals: I recognize that not all conditions presented by clients are appropriate for sex counseling and education or hypnosis. For some people, treatment by a medical professional or a licensed therapist may be more appropriate and/or necessary. As a courtesy, I will endeavor to provide you with resources for referrals, including programs and/or helping professionals. You will be responsible for contacting and evaluating those referrals and resources. I do not guarantee results and assume no liability for referrals or suggested resources.

Consent to Sexological Counseling & Education and/or Hypnotism

By your signature below, you are indicating:

- 1) you have read and understood this document and agree to receive ___Sexological Counseling and Education; and/or___Hypnosis.
- 2) you understand that participating in recommended exercises and "homework assignments" between appointments will give you get the best results;
- 3) that I provided you with a copy of this statement.

By my signature, I verify the accuracy of this document and acknowledge my commitment to conform to its specifications. I have received and read this Disclosure & Client Bill of Rights and understand what I have read.

Client Signature(s)

Date

Amy Marsh's signature

Date