

A Mom Is Born Counseling and Coaching
581 Boylston Street, Suite 700B, Boston, MA
Maria Dolorico, M. Ed., BCC, CLC, CD(DONA)

Policies and Disclosures of Practice, 2016

Scope of Practice

My work is on empowering and healthy adaptation to life stressors, accomplished via compassionate and active listening, reflection of thoughts and beliefs, powerful questions, and challenges to beliefs and behavior patterns. While I am trained to screen for mental illness or emotional complications, I cannot provide diagnoses nor treatment plans for their cure. Should your care necessitate documented and formal diagnoses, or should I assess that your care requires treatment for persistent symptoms, disorder, or illness, I will make an appropriate referral for a professional licensed to dispense that care.

Qualifications

I have a Masters Degree in Mental Health Counseling, am a Board Certified Coach with a specialization in Life Coaching, a Certified Lactation Counselor, and a Certified Doula. All my certifications are current and active. I do not maintain any state licensure as a mental health counselor.

Confidentiality

In accordance with the ethical guidelines of my certifying agencies, I maintain your privacy and confidentiality around our working relationship. Any written documentation (screening tools, coaching goals or counseling plans) that contains your name, information, and personal details is kept locked in a filing cabinet in a locked office. Electronic documentation (for example, your booking information - which may include your credit card information - email, or electronic notes like screening tools, coaching goals, or counseling plans) are encrypted by a commercial service. For video conferencing, Skype has been legally ruled compliant for best practices of confidentiality and privacy. Text messages and mobile phone calls are not compliant.

It is my standard operating procedure to remove client-identifying information from any records I share with my business associates (accountant, colleagues at Boston Integrated Health), however my business associates are also bound by HIPAA to maintain confidentiality and privacy.

Please know that I live in the same community where I work and where my clients live. Outside of the office, I will also maintain your privacy. If we see each other outside of the office, I will not approach you first, but you are welcome to say hello to me. To protect your privacy, I will not introduce you to people I am with, and I will not reveal your identity to my companions once we have parted.

If you agree that it would be helpful for me to speak with another provider regarding your care, such as a psychiatrist, acupuncturist, lactation consultant, OB, or midwife, I will require your written consent to speak about our work with that person.

*I must **breach** confidentiality if my assessment is that you are a danger to yourself or to others. In that situation, I will communicate with your named emergency contact.*

Lactation Counseling/Breastfeeding Friendly Practice

It is likely that in the course of breastfeeding counseling, or during a counseling/coaching session if you breastfeed your baby, you will expose your breast. As a counselor, I am trained and practiced in providing support via the use of models, pictures, and speech, however there may be a time when a counselor will touch a client's breast. This touch is instructional and intended to facilitate the mother's ability to breastfeed her infant. Verbal permission for touch will always be requested.

Home-based Visits

When in the best interest of the client, home visits are provided. I will arrive at the home at the scheduled time, and I have no needs for refreshments or entertainment. We can meet in any area of the house where there is seating conducive to our purposes, and the client may choose to have household members present, with the understanding that confidentiality and privacy now encompasses that party. If medical or childcare needs require our session to be in a nursery or room with a bed, I require proper seating that is not a bed.

Cancellations

I request 24 hours notice for cancellations. A credit card is required to make an appointment for counseling, coaching, and lactation support appointments; your card will not be charged at booking, but I reserve the right to charge full fee for no-show appointments or appointments not canceled within 24 hours of the appointment time. That being said, I understand that emergencies happen, particularly with infants and small children. I will request that we speak frankly about cancellations that are repeated and/or disruptive to client care or my livelihood.

I have read and understand the policies and disclosures of Maria Dolorico and her practice A Mom Is Born.

Client Signature

Date

Client Contact Information:

Phone _____

Email _____

**Emergency Contact Information, to be contacted in case of medical or emotional crisis,
to whom I may disclose the nature of the emergency:**

Name _____

Phone _____

Relationship _____