

## DISCLOSURE STATEMENT

Cheryl Breault LPC, CACIII  
703 Walnut Street  
Boulder, CO 80302  
303-718-9189  
cherylbreault@gmail.com

### 1. Degrees and Licensures Earned

BA, Theatre Arts, University of New Hampshire 1993  
MA, Transpersonal Psychology, Naropa University 2001  
Licensed Professional Counselor #3587 issued 2003  
Addictions Counselor III #6312 issued 2005  
Eden Energy Medicine Practitioner 2013  
Neuro-Linguistic Master Level Practitioner 2017

**2. Orientation:** My orientation is transpersonal and humanistic in nature. This means my training in Transpersonal Psychology has guided me in taking a holistic view of human psychology. Rather than viewing psychology from the perspective of mental health or illness, I hold the perspective that our distress is simply asking us for compassion and curiosity. There are parts of ourselves that we often don't accept and it is in the lack of acceptance that suffering exists. I take an experiential approach, which means therapy is active and dynamic. My work is informed by the great psychological movements of the East and West, various spiritual traditions and practices, contemplative thought, and practical experiences, all designed to help one live more authentically, feel fully present, and *thrive*, as opposed to simply survive.

**3. Modalities:** I utilize various modalities in working with a person. The modality used will depend on the person, their experiences, and what is arising in the room. Much of my work is experiential in nature so that we may access deeper realms of conscious. Some of my more common approaches are listed below with a brief description.

**Acceptance and Commitment Therapy** is a mindfulness-based therapy aimed at maximizing human potential for a rich, full and meaningful life. It teaches one psychological skills to deal with painful thoughts and feelings effectively and helps to clarify values that are used to guide, inspire and motivate one to change for the better. The core message is: accept what is out of your personal control and commit to action that improves and enriches your life.

**Eden Energy Medicine™** is a modality that recognizes the subtle energy systems that flow through and around the human body, and deeply affect one's health and vitality. Balancing these energy fields can assist the body in moving towards wellness. I may use muscle response testing to assess your body's energies and then recommend and

teach energy exercises known to facilitate the restoration of the body's energies to a balanced state. I will also provide handouts describing those exercises. You are encouraged to practice between sessions. Whereas conventional medicine diagnoses and treats symptoms and diseases, Eden Energy Medicine assesses and corrects disturbances in the body's energies. You remain fully clothed and before I touch any part of the body that might be considered sensitive, I will ask your permission. I will suggest movements and postures that you can do to help balance energies for yourself based on what energy imbalances show up during the session.

**EFT™ (Emotional Freedom Technique)** is a modality in the new field of Energy Psychology that recognizes that dis-ease or problems are a result of a disruption in the body's energy field. This self-help technique releases the negative residue from an unpleasant memory and recipients often report a rapid desensitization to old painful memories and issues. It consists of pressing or tapping on certain places on the face, upper body and hands while you focus on a specific problem and repeat carefully chosen phrases. It literally taps the negative residue from unpleasant traumatic experiences right out of the body and the mind.

**Neuro-Linguistic Programming:** NLP is a model for understanding and working with human behavior. NLP has the ability to get direct access to our internal maps of reality (how we have our life experience represented in our minds) and to shift them, to re-assemble the connections, to update them, and to correct mistaken representations, so that our life experience reflects more of what we want—personally, in our relationships, and on the job. NLP's ultimate objective is to contribute to increased choice leading to more fulfilling lives. Put another way, NLP's ultimate objective is to assist you to change your mind about what is possible for you.

**Other experiential modalities:** I may also utilize EMDR, visualization, meditation and other techniques.

**3. The Regulation of the Practice of Psychotherapy in the State of Colorado:** The practice of licensed or registered persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Registrations. The Board of Registered Psychotherapist Examiners can be reached at 1560 Broadway, Suite 1350, Denver, Colorado 80202, (303) 894-7800. As to the regulatory requirements applicable to mental health professionals.

**4. Client Confidentiality:** The information provided by and to the client during therapy sessions is legally confidential and cannot be released without the client's consent. There are exceptions to this confidentiality, some of which are listed in section 12-43-218 of the Colorado Revised Statutes, as well as other exceptions in Colorado and Federal

law. For example, mental health professionals are required to report suspected child and elder abuse to authorities, as well as any intentions of harming self or others. If a legal exception arises during therapy, if feasible, you will be informed accordingly. The Mental Health Practice Act (CRS 12-43-101, et seq.) is available at: <http://www.dora.state.co.us/mental-health/Statute.pdf>. I may also consult with a supervisor for purposes of professional support and development. All consultations will be done in a manner as to protect your anonymity.

**5. Sexual Intimacy in the Therapeutic Relationship:** In a professional relationship, sexual intimacy is never appropriate and should be reported to the board that licenses, registers, or certifies the licensee, registrant or certificate holder.

**6. Your Rights as a Client:** You are entitled to receive information from your therapist about the methods of therapy, the techniques used, the duration of your therapy (if known), and the fee structure. You can seek a second opinion from another therapist or terminate therapy at any time.

**7. Fees:** My fee for psychotherapeutic services is \$225 for an hour and a half. **All sessions are 1½ hours unless otherwise stated.** Hour sessions are \$150. Payment is due at the time of service. Alternative payment plans are possible but must be negotiated and agreed to prior to any individual session(s). A receipt can be furnished upon request. You may pay by check, cash, or use bill pay.

**8. Description of Services:** My sessions typically last 120 minutes. During our first session, I interview you in order to get a clear understanding of the issue and symptoms created by the issue. We will use the modality or combination of modalities in each session that are best suited to what is present. I will stop any procedure if you are not comfortable.

**9. In the Case of an Emergency:** I provide non-emergency psychotherapy by scheduled appointment only. If I believe your therapeutic issues are above my level of competence, or outside my scope of practice, I am legally required to refer you to another therapist, terminate our relationship, or consult with another, more experienced practitioner. **If you are having a true emergency please call 911 or go immediately to the nearest hospital emergency room.**

**10. Cancellation policy:** I require a **36-hour notice** to cancel a previously scheduled appointment. Failure to provide such notice, except in the case of an emergency, will result in payment due for the missed session.

**11. Office Location:** I have two office locations 703 Walnut Street, Boulder, CO 80302 and 1221 South Clarkson Street, Suite 222, Denver 80210.

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Please print this signature page and bring it to the first session.

I have read the preceding information on all three pages and I understand my rights as a client or as the client's responsible party. I agree to the cancellation policy and will give 24 hours notice if needing to cancel a scheduled appointment.

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Print Client's name

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Client or Responsible Party's Signature

Date

If signed by Client's Responsible Party, please state relationship to client and authority to consent:

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Therapist's Signature

### For Denver Clients

Cheryl Breault LPC (Intuitive Healing Therapies, Inc.) is not affiliated with Shea Kamlet. Cheryl Breault, LPC and Shea Kamlet, PhD are independent practitioners operating out of the same location but whom are not practice partners. Neither supervises the other. They do not share billing, records, or any financial profits. They are separate legal and professional entities and neither can be held legally or ethically liable for the other's professional practices.

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