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Touch Therapy

Dr. Alexander may incorporate non-sexual touch as part of psychotherapy. Sexual touch of clients by therapists is unethical and illegal. Dr. Alexander will ask your permission before touching you, whenever possible, and you have the right to decline or refuse to be touched without any fear or concern of a negative response or reaction from your therapist.

Touch can be very beneficial but can also unexpectedly evoke emotions, thoughts, physical reactions, or memories that may be upsetting, depressing, evoke anger, etc. Sharing and processing such feelings with the therapist, if they arise, may be a helpful part of therapy. You may request not to be touched at any time during therapy without needing to explain it, if you choose not to, and without fear of a negative response or reaction from your therapist.

I have read the above informed consent, understand, and agree to it.

Client name (print)

Date

Client Signature