

Jessica Dallman, MA LPC (#6985-125)
Natural Wisdom Counseling LLC
jess@naturalwisdomcounseling.com
(701)870-0022

Introduction to Pre-Teen Therapy Group for Trans and Gender Expansive Youth

About the Group

Up to 6 pre-teens (9-12 years old) will participate in three group events over the course of three weeks. The group series will have bookends of family therapy sessions to do an intake before, and a debrief after the group series. We believe strongly in the value of having family set the tone for therapy and be part of the integration process.

During the group, the youth will interact with nature and horses, as well as have the opportunity to process their experiences with peers. Art and writing will play an additional role in supporting confidence, a sense of belonging, and identity development.

Youth must come prepared with water bottles, sunscreen, bug spray, hats, and layers of clothing appropriate for the weather. Groups will be held regardless of weather.

Payment information

Families can pay for the therapy group via cash, check, or PayPal. All payments must be made by the end of the family intake session before the groups begin, unless a payment plan is established.

Checks can be mailed to:
Natural Wisdom Counseling LLC
1523 WI-Trunk 78
Mount Horeb, WI 53572

PayPal payments can be submitted to jessicadallmancounseling@gmail.com

Refunds and partial refunds will only be offered in extenuating circumstances. In the case that we do not get enough registrants for the group, full refunds will be offered, minus a \$25 processing fee.

Scheduling the intake session and debrief session as a family

When submitting your registration packet, be sure to share with Jess about potential dates and times to schedule your individual family intake (and debrief) sessions. They will take place at Snapdragon Farm and Stables, and will set the tone for your child's and family's goals.

Snapdragon Farm and Stables LLC COVID-19 Policies In Relation to Natural Wisdom Counseling LLC Clients and Groups

Snapdragon Farm and Stables LLC (SFS), and Natural Wisdom Counseling LLC (NWC) recognize that in the process of “opening up” with the Badger Bounceback Plan, organizations are asked to explicitly develop policies about cleaning and social distancing practices so that clients and participants can make informed decisions about how to maintain their own safety needs. With that in mind, we are adhering to the following policies:

- 1) If you are dealing with any respiratory illness, or have a known COVID-19 exposure, we ask that you notify us and do not come to the farm while you/they are symptomatic.
- 2) If you develop a respiratory illness shortly after being at SFS, or get a confirmed COVID-19 test, we ask that you notify NWC immediately in order to keep other people notified and safe. Your confidentiality will be maintained.
- 3) NWC clients will be asked to sign an additional waiver, acknowledging that you are coming to SFS at your own risk. This waiver will demonstrate that you have been informed and understand that:
 - There are limitations to cleaning and sanitizing surfaces in this context (i.e. lead ropes, saddles, outdoor spaces and gates, etc.)
 - In addition to Jess Dallman and the farm owners, at the minimum, 16 boarders (plus their family members) may come out to the farm at any given point throughout a week, as well as other individuals, couples, families, or groups receiving NWC services.
- 4) Bathrooms are cleaned once per week. No additional cleaning will occur before or after sessions in the office/lounge for individuals, couples, or families, unless specifically requested by clients. Bathrooms and basic surfaces will be cleaned before and after group events.
- 5) NWC will have a minimum of 30 minutes between the end and start of groups, and a minimum of 1 hour between sessions in the office/lounge.
- 6) NWC asks that people do their best to maintain social distancing (6 feet apart), knowing that some activities with horses or other nature practices will be closer proximity than 6 feet. Negotiating space and a sense of safety will be an ongoing part of the therapeutic process.
- 7) Due to being in an open-air environment, facemasks are optional at SFS. Individuals are welcome to wear facemasks. Jess Dallman is willing to wear a mask for sessions in the office/lounge when requested by clients.
- 8) These policies may be amended, as evolving information becomes available about COVID-19 spread and risks.

Jessica Dallman, MA LPC (#6985-125)
Natural Wisdom Counseling LLC
jess@naturalwisdomcounseling.com
(701)870-0022

COVID-19 Informed Consent and Waiver

Natural Wisdom Counseling LLC (NWC) recognizes that there is a wide array of beliefs, feelings, and strategies regarding how to manage COVID-19 spread and risk. Regardless of what you believe, you have choice in how you do or do not participate in NWC events in order to manage your own health and safety due to COVID-19. NWC also recognizes that some research and evidence has shown that there is lower risk of spread in open air (outdoor) environments, that vitamin D (from the sun) may support an immune system from contracting or reacting to the virus, and that research predating COVID-19 indicates that nature exposure, including horses, can boost immune system health and resilience.

With that in mind, NWC strongly believes that nature-based and equine-based therapies, including in small groups, may be one of the safest and most relevant ways to receive mental health support at this time. If you choose to participate in NWC therapeutic programming, you do so knowing the following:

- 1) Snapdragon Farm and Stables LLC (SFS), where NWC provides services, is a horse boarding stable. As such, there are limitations to maintaining cleanliness and sanitization. Equipment used for horses, and outdoor surfaces like gates are not regularly cleaned or sanitized.
- 2) SFS is a horse boarding stable first, which means that in addition to Jess Dallman and the farm owners, at a minimum, 16 boarders (plus their families) may come out to the farm at any given point during a week, as well horse professionals like veterinarians, and other individuals, couples, families, or groups receiving NWC services.
- 3) Clients have a right to request information about the recent frequency of visitors to SFS on any given day.
- 4) Due to being an open air environment, clients understand that facemasks are optional at SFS. Clients may wear their own masks and Jess Dallman and other NWC team members will wear a mask upon request. Social distancing is encouraged.
- 5) Personal hand sanitizers will be available for clients during sessions.
- 6) We ask that if you are dealing with any respiratory illness or COVID-19 symptoms, or have a known COVID-19 exposure, you do not come to the farm.
- 7) If you develop a respiratory illness or symptoms shortly after being at SFS, or get a confirmed COVID-19 test, we ask that you notify NWC immediately in order to keep other people notified and safe. Your confidentiality will be maintained.
- 8) In the case that you choose to receive NWC services, you do so at your own risk for increased exposure to other people, and NWC and its partners and volunteers will not be held liable for a contracted case.

I verify that I have read the SFS/NWC COVID-19 policies and the liability waiver and understand my risks in participating in NWC services.

Name (printed) _____ Date: _____

Name (signed) _____ Date: _____

Parent/Guardian Name (printed; if participant is minor)

_____ Date: _____

Parent/Guardian Name (signed; if participant is minor)

_____ Date: _____

Jessica Dallman, MA LPC (#6985-125)
Natural Wisdom Counseling LLC
jess@naturalwisdomcounseling.com
(701)870-0022

CONFIDENTIAL INTAKE FORM

Parent/Guardian Contact Information (Emergency Contact)

Legal First Name:

Last Name:

Preferred First Name:

Date of Birth:

Mailing Address:

City:

State:

Zipcode:

Preferred Phone Number:

Texts (yes or no):

Email Address:

Child Information

Legal First Name:

Last Name:

Preferred First Name:

Gender Identity:

Date of Birth:

Any Allergies:

School District:

General Information:

Describe the child's prior experience with therapy:

Describe the child's experience with horses and nature:

Describe your hopes for your child's participation in this group?

Once completing this registration packet, email it to jess@naturalwisdomcounseling.com to set-up your payment options and schedule your family intake session.

Equine Liability Release
Jessica Dallman, MA LPC (#6985-125)
Natural Wisdom Counseling LLC
701-870-0022

Welcome to Gestalt Equine Psychotherapy, Coaching, and Consulting where horses are a primary part of growth and learning. I hope to make your experience working with the horses and nature a fun, safe, insightful process. My insurance requires a signed release form from each participant (initialed and signed by both a minor and a parent/guardian when the primary participant is a minor and/or a family). Thank you for helping us with this process.

Please read and initial the following carefully and sign below:

1. _____ (initials) I acknowledge the importance of my own personal responsibility when around and working with horses and other ranch animals, as well as outdoors in natural environments.
2. _____ (initials) I understand that horseback riding, Equine Assisted Therapy, Equine Assisted Therapy training and otherwise engaging in equine activities and nature-based activities is subject to certain risks that could cause injury, death, disease, and physical and emotional damage to myself, my property, spectators and/or third parties.
3. _____ (initials) I realize that a horse, regardless of its training and usual past behavior and characteristics, may act or react unpredictably at times based in instinct or fright, which is an inherent risk I assume.
4. _____ (initials) I waive and release Natural Wisdom Counseling LLC, Jessica Dallman, and all their officers, volunteers, interns, agents, owners, operators and all others involved in any way from any and all liabilities, claims, demands, or causes of action whatsoever against the stable or property owner, and/or, Natural Wisdom Counseling LLC, Jessica Dallman, and all their officers, volunteers, interns, agents, owners, operators as a result of injury incurred in all horse and equine related activities and nature-based activities, regardless of whether loss damage or injury resulted from the negligent maintenance or operations of this stable, property owner, psychotherapy center, institute, personnel, interns and all other personnel, furnishings, equipment, or horses.
5. _____ (initials) I certify that I have sufficient health, accident and liability insurance to cover any bodily injury or property damage I may incur while participating in equine activity associated with the stables, above named groups and persons and to cover bodily injury or property damage caused by any third party as a result of my participation. If I have no insurance, I certify that I am capable of personally paying for any and all such expenses and liability.

I understand that under Wisconsin Law, an equine Professional is not liable for an injury to or the death of a participant in equine activities resulting from the inherent risks of such equine activities pursuant to Section 895.481(1)(e).

Equine Liability Release
Jessica Dallman, MA LPC (#6985-125)
Natural Wisdom Counseling LLC
701-870-0022

Please fill in emergency contact info:

Emergency contact: _____ Relationship: _____

Emergency contact number: _____

Any special needs physically/medically (including allergies:

I have read this entire document and understand it. I agree to be bound by its terms.

Print Name (Client): _____

Signature (Client): _____ Date: _____

Print Name (Parent/Guardian): _____

Signature (Parent/Guardian): _____ Date: _____

Snapdragon Farm and Stables, LLC

1523 State Rd. 78
Mt. Horeb, WI 53572
608 437.4840

Release of Liability

Witness this agreement between **Snapdragon Farm and Stables (SFS)** and **VISITOR**, an individual coming to SFS for the purposes of instruction, therapies, horse handling or professional development. For consideration received, and in return for the use, today and on all future dates of the property, facilities and services of SFS. VISITOR, their heirs, assigns, and representatives, hereby agree as follows:

Inherent Risks and Assumption of Risk

The undersigned acknowledges there are inherent risks associated with equine activities such as described below, and hereby expressly assumes all risks associated with participating in such activities. The inherent risks include, but are not limited to: the propensity of equines to behave in ways such as, running, bucking, biting, kicking, shying, stumbling, rearing, falling or stepping on. These actions may result in an injury, harm or death to persons on or around them. There is an unpredictability of equine's reactions to things such as, but not limited to: sounds, sudden movement, unfamiliar objects, persons or other animals. There is an unpredictability of equine's reactions to certain hazards such as, but not limited to: surface and subsurface conditions and collisions with other animals.

VISITOR understands the limited availability of emergency medical care at SFS. VISITOR recognizes the potential of a participant to act in a negligent manner that may contribute to injury to the participant or others. Such negligent actions may be failing to maintain control over the animal or not acting within such participant's ability. VISITOR acknowledges that horses, by their very nature, are unpredictable and subject to animal whim. VISITOR assumes all risks in connection therewith, and expressly waives any claims for any injury or loss arising there from. VISITOR agrees to abide by and follow SFS' rules and regulations which are posted and available at all times and online at www.snapdragonfarmandstables.com. It is further acknowledged that the behavior of any animal is contingent to some extent upon the ability of their handlers. VISITOR assumes all risks and warrants full and fair disclosures of their abilities have been made to SFS. VISITOR expressly releases SFS from any and all claims for personal injury or property damage.

Notice:

A person who is engaged for compensation in the rental of equines or equine tack or in the instruction of a person in the riding or driving of an equine is not liable for the injury or death of a person involved in equine activities, as defined in section 895.481(1)(e) of the Wisconsin Statutes.

Hold Harmless

VISITOR agrees to hold harmless, indemnify and defend SFS against any and all claims, demands, causes of action, damages, judgments, orders, costs or expenses, including attorney's fees, whether actually incurred or not, which may in any way arise from or be in any way connected with VISITOR's use or presence upon the property of SFS and the facilities located thereon.

Limitation of Action

Any action brought under this agreement shall be brought within one (1) year of the incident or accident giving rise to said claim.

Waiver of applicable statutes

VISITOR agrees to waive the protection of any applicable statutes in this jurisdiction whose purpose, substance and/or effect is to provide that a general release shall not extend to claims, material or otherwise, which the person giving the release does not know or suspect to exist at the time of executing this release.

Visitor: (please print and sign name)

Date:

Parent/Guardian: (if Visitor is a minor; please print and sign name)

Date:
