

## CLIENT BILL OF RIGHTS

“My first guide rope is to remember that healing and reconnection are about connection of the self with the self, the self with community, and the self with land and spirit.”

—Susan Raffo, *Liberated To the Bone: Histories. Bodies. Futures.* (Emergent Strategy Series Book 7) (p. 33). AK Press.

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Sun Yung Shin  
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(pronouns: she/they)

*Note: A big thank you to [Susan Raffo](#) who generously shared her bill of rights, from which this document is adapted.*

### Theoretical Approach/Description of Services:

My approach includes deep listening and working with people to support their own healing. I believe in the body's inherent intelligence—and I believe in, and have always been fascinated by, science. Whether the forms of life on earth or the behavior of the rest of the cosmos, I'm enraptured by the profound mysteries of our shared existence.

My primary bodywork training is in biodynamic craniosacral training with [Body Intelligence](#), an international biodynamic craniosacral therapy training school. I have also informally studied the [Somatic Experiencing® \(“SETM”\)](#) approach through a long-term group practice led by Minnesota-based somatic healer and teacher Thea Lee, M.A., LMFT(CA), SEP, as a member of a small “Women of Color Healing from Racism” group that began meeting in 2009, first in St. Paul and then Minneapolis. I have taken workshops in a range of trauma integration approaches and in 2021, I participated in yoga teacher [Iraimer Ruiz](#)'s “The Sacred Movement: Yoga Teacher Training,” but chose not to pursue testing and certification at that time.

I began my Buddhist-based meditation practice in St. Paul in 1994 with S.M., a good friend and fellow Macalester College graduate, who was at the time, beginning a serious practice with a transcendental meditation group in the Twin Cities. I have had several interesting meditation experiences that prefigured my work as a craniosacral therapist. Through being a Reiki practice client of S's, I also became interested in Reiki, and, with her teacher's permission, received Reiki attunement. With this initiation, I began a long-term, informal, personal Reiki practice. Wanting more formal education, in 2018 I successfully completed the required courses of study in Usui Ryoho Reiki Levels I, II and III and was certified in 神秘傳 Shinpiden as a Reiki Master / Teacher, as taught by [Lisa Powers](#), B.Kinesiology, B. Ed, Reiki Master / Teacher and Director of the [International Reiki Organization](#).

What is Reiki? [The International Training Center for Reiki](#) describes this gentle practice: “Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - *Rei* which means "God's Wisdom or the Higher Power" and *Ki* which is "life force energy". So Reiki is actually "spiritually guided life force energy." More on how the tradition explains how Reiki supports *ki* [here](#). In traditional Chinese, it's written: 氣, and Romanized in English is *chi* or *qi* and pronounced “chee.”

In general, I use a gentle touch approach that works with the whole body as a fluid system, including the bones (particularly in the head and back), muscles, fascia and other tissues, nervous system, and rhythms in the body to bring relaxation, to support the release of held trauma, and to decrease pain. You remain clothed (dress comfortably) and we can either work at a massage table or while seated in a chair.

Feel free to email me with any questions at [sunyungshin@gmail.com](mailto:sunyungshin@gmail.com)

### Professional Training and Credentials:

I am a biodynamic craniosacral therapist and completed a full course of training toward certification from Body Intelligence. Courses were taken from 2018-2021, in-person in Minneapolis. My BI teachers included Guy Odishaw (based in Edina, MN) and Nancy Siegel (based in Missoula, MT). I am considered an unlicensed complementary and alternative health care practitioner in the state of Minnesota.

THE STATE OF MINNESOTA HAS NOT ADOPTED ANY EDUCATIONAL AND TRAINING STANDARDS FOR UNLICENSED COMPLEMENTARY AND ALTERNATIVE HEALTH CARE PRACTITIONERS. THIS STATEMENT OF CREDENTIALS IS FOR INFORMATION PURPOSES ONLY.

Under Minnesota law, an unlicensed complementary and alternative health care practitioner may not provide a medical diagnosis or recommend discontinuance of medically prescribed treatments. If a client desires a diagnosis from a licensed physician, chiropractor, or acupuncture practitioner, or services from a physician, chiropractor, nurse, osteopath, physical therapist, dietitian, nutritionist, acupuncture practitioner, athletic trainer, or any other type of health care provider, the client may seek such services at any time.

### Complaints:

I am always open to discussing any concerns directly. You also have a right to file a complaint through phone or mail with:

### [Office of Unlicensed Complementary and Alternative Health Care Providers](#)

Health Occupations Program  
Minnesota Department of Health  
121 East 7th Place, Suite 400  
P.O. Box 64975  
St. Paul, MN 55164-0975  
Telephone numbers: 651.282.6319, 1.800.657.3957

### Confidentiality:

Your client records and transactions with the practitioner are confidential, unless release of these records is authorized in writing by you, or otherwise provided by law

### Fees and Payments:

My sliding scale fee for a 90-minute session is \$40 - \$125. I pay state and federal taxes on all income.

### Late and Cancellation Policy:

I know that cancellation sometimes needs to happen, either on your or my end, but it's hopefully infrequent. If you need to cancel and it's within 48 hours, I won't ask you to pay. If you are someone who has "enough" money in your life, then always feel free to pay full rate for cancellations as I am a self-employed person as a healing practitioner and artist. If you cancel more often, then I will ask for you to pay for the cancellation time. I will be direct with you about this.

### Supervision:

I sometimes consult with other practitioners regarding this work. I will never disclose identifying information about you in this consultation. If you have any questions about this, please ask me.

### Client Rights

You have:

1. the right to reasonable notice of changes in services or charges.
1. a right to complete and current information concerning the practitioner's assessment and recommended service that is to be provided, including the expected duration of the service to be provided

2. the right to expect courteous treatment and to be free from verbal, physical, or sexual abuse by the practitioner
3. the right to be allowed access to records and written information from records in accordance with sections [144.291](#) to 144.298
4. the right to choose freely among available practitioners and to change practitioners after services have begun, within the limits of health insurance, medical assistance, or other health programs. Other services may be available in the community. You can ask me about these services, look online for more information, or find other sources.
5. a right to coordinated transfer when there will be a change in the provider of services
6. the right to refuse services or treatment, unless otherwise provided by law
7. the right to assert these rights as client without retaliation

I understand:

1. that the modalities performed during my bodywork sessions have been outlined and explained during my intake and I have agreed to receive and I give consent for the techniques I am receiving today and in future sessions.
2. if I experience pain or inappropriate discomfort beyond an acceptable level, and/or if I am uncomfortable with a particular technique I will inform my practitioner and this technique will be adjusted.
3. that all techniques and dialogue about my body and session are in the service of my own healing and that I have the right to disagree or contradict what the practitioner is saying.
4. that I agree to arbitration should I pursue legal avenues for damages thought to be sustained during my session. This is an alternative to going to court for dispute resolution.
5. that a bodyworker cannot diagnose illness, disease, or any other medical, physical, or emotional disorder. I recognize that bodywork is a form of alternative therapy and that the form of bodywork I am receiving from Sun Yung Shin is not formally licensed by a licensing body. I am responsible for consulting a qualified physician for any physical ailments that I have.
6. that the practitioner retains the right to cancel a session if a client uses abusive or oppressive language or if they feel uncomfortable with a client.

I acknowledge that I have read and understand this document prepared by Sun Yung Shin, and agree to these terms, and understand my rights as a client. Ascribing that you have read this on my client intake form counts as a legal signature for the purpose of this document. However, if you would prefer to have a signed form, you may print this out and bring it in.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Legal Name: \_\_\_\_\_

Printed Name that you use (if different from legal): \_\_\_\_\_

I am required by Minnesota law to provide you with this Client Bill of Rights. Statute 146A governs complementary and alternative health care practices and went into effect July 1, 2001.