



Complimentary Healthcare Disclosure

(In accordance with state requirements including the 2003 Business and Professional Code 2051, 2052, or 2053 of California)

This is to inform you that I, Nancy Tortorice, am a legal Alternative/ Complimentary Healthcare Provider, not a licensed physician. My holistic treatments and specialties do not require state licensing, and my client-centered disciplines, philosophies, education, experiences and certifications allow me to assess, advise, and assist my clients in the capacities of:

Childbirth Doula: DONA (Doulas of North America), trained to assist a woman and her partner at her baby's birthing, to provide reassurance, comfort, and information about the anatomy and physiology in the normal course of pregnancy, childbirth, and postpartum period.

Hypno-doula: Hypnobabies trained and certified to provide assistance with childbirth hypnosis, in addition to services as set forth in Childbirth Doula.

Childbirth Hypnosis Instructor: Trained and certified by Hypnobabies to teach preparation for childbirth and hypnosis for childbirth methods, including: how fear and negative expectation causes pain in childbirth, how your mind can create natural anesthesia, the anatomy and physiology of pregnancy and birth, prenatal exercises, good nutrition and staying low risk, your options for birthing, the stages of birth, prenatal bonding, assistance with creating a birth preference plan, and directing a birth rehearsal practice session.

I have read and understand this Complimentary Healthcare Provider Disclosure

Signature_____ Print name_____

Address_____ Apt or unit #_____

City_____ State_____ Zip code_____

Phone_____ Email_____

A signed copy of this form is to be retained by the Complimentary Healthcare Provider for three years

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