

# Complementary and Alternative Health Care Client Bill of Rights

Please read this Complementary and Alternative Health Care Client Bill of Rights. I am pleased to provide you with this Client Bill of Rights, in accordance with Minnesota laws, Statute 146A, governing complementary and alternative health care practices.

## 1. **Rejuv Massage and Bodywork, LLC**

Sophia Strom de Maciel, Licensed Massage Therapist  
8640 3rd Ave S, Bloomington, MN 55420  
Phone: 612-282-0858 Email: [sophia@rejuvmassage.com](mailto:sophia@rejuvmassage.com)

## 2. **Degrees, Training, Experience and other Qualifications.**

Sophia Strom de Maciel graduated from Northern Lights School of Massage Therapy in 1997, receiving a certificate of completion of the 600 hour massage therapy course which included 366 hours of massage therapy techniques, 135 hours of anatomy & physiology, 40 hours of pathology, as well as various hours communication & client management, business & practice management, CPR/First Aid. While none of the massage schools in Minnesota were accredited at that time, NLSMT was a leader in the industry and strove to turn out high quality therapists. The founders of NLSMT worked through the American Massage Therapy Association to help create the National Certification Board for Therapeutic Massage and Bodywork as well as the Commission of Massage Therapy Accreditation. While yet in school, Sophia began working as a professional massage therapist at Center For Massage, in Minneapolis, where the owner and veteran massage therapist, Beth Bergen, apprenticed Sophia in Myofascial Release, Myofascial Unwinding and energy work. Immediately after graduating NLSMT, Sophia took NeuroMuscular Therapy Training, International Academy of NeuroMuscular Therapy, with Judith Walker Delany, earning 32 ceu. In 2000, Sophia became Nationally Certified in Therapeutic Massage and Bodywork. Other continuing and enriching education has included Orthopedic Assessment, Institute for Integrative Healthcare Studies, 14 CEU; Aromatherapy and Raindrop Technique, Young Living Essential Oils, with Cherie Ross; CRA & EFT, Energetic assessment and treatment techniques, with Dr. Fred Pomeroy; Shiatsu, Bholer Institute 18 CEU; Anatomy Trains for Manual Therapists & Fascial Release Series: Tensegrity Spine, Kenesis, 28 CEU. She advances her massage practice techniques through the continuous study of anatomy, of structural integration, and of condition-specific treatment approaches by various bodywork modalities. Over the years, Sophia has worked in a variety of settings which has helped her gain experience working with a wide variety of people and needs. She worked in Lifetime Fitness (Eagan), Estee Lauder Spa (Dayton's Southdale, Edina), and Corepower Yoga & Spa (Edina). She opened her own massage business called Cornerstone Bodywork in south Minneapolis and worked with people with injuries, professional athletes and was the exclusive therapist contracted by "Riverdance, the Show" while on tour in Minneapolis. She has also worked as a freelance massage therapist working in various chiropractors offices. In 2015, she opened Rejuv Massage and Bodywork which is licensed by the City of Bloomington: Establishment License 43769, Therapist License 15-48089.

**In accordance with Minnesota state law, I am providing you with the following notice:**

**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 DISCONTINUATION OF MEDICALLY PRESCRIBED TREATMENTS. IF A CLIENT DESIRES A DIAGNOSIS FROM A LICENSED PHYSICIAN, CHIROPRACTOR OR ACUPUNCTURE PRACTITIONER, OR SERVICES OF 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.**

3. I, Sophia Strom de Maciel, am the sole provider of services and owner of Rejuv Massage and Bodywork, LLC, and therefore have no supervisor. You have the right to file a complaint directly with me, in writing by mail or electronic mail. Send written complaints by mail to Sophia Strom de Maciel, 8640 3rd Ave S, Bloomington, MN 55420; or by electronic mail to [sophia@rejuvmassage.com](mailto:sophia@rejuvmassage.com)

4. **Right to file a complaint.** If you have any concerns, you may file a complaint with the following office. Minnesota Department of Health Division of Health Regulation Health Occupations Program 651-201-3721, or e-mail [health.hop@state.mn.us](mailto:health.hop@state.mn.us).



# Complementary and Alternative Health Care Client Bill of Rights

11. **Confidentiality.** Your records and transactions with this office and practitioner are confidential, unless release of these records is authorized in writing, or otherwise provided by law.
12. **Records.** You have the right to be allowed access to records and written information from records in accordance with section 144.291 to 144.298 of Minnesota Statutes.
13. **Other Community Services.** Other similar services may be available in the community. Possible sources of information are Minnesota Wellness Directory, the Edge newspaper directory, the telephone yellow pages, massagebook.com, massagetherapy.com, amtamassage.org, or nctmb.org. You may also ask your practitioner and she will provide this information to the best of her knowledge.
14. **Selecting and Changing Practitioners.** You have 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. If these services are covered by your health insurance, medical assistance plan or other health program, you should direct all questions about coverage to your health insurance provider.
15. **Coordinated transfer.** If you change practitioners, you have the right to our assistance in coordinating this transfer to another practitioner.
16. **Right to Refuse Service.** You are free to refuse services or treatment unless otherwise provided by law.
17. **No Retaliation.** You may assert your rights described in this Client Bill of Rights at any time without retaliation.
18. **Acknowledgement by client.** By signing below, you attest that you have received and have had opportunity to review the complementary and alternative health care client bill of rights.

**If patient is a minor:**

\_\_\_\_\_  
*signature of patient* *date*

\_\_\_\_\_  
*signature of parent or guardian* *date*

\_\_\_\_\_  
*print name*

\_\_\_\_\_  
*print name* *relationship to minor*