Updated Consent Form – Treatment of Sensitive Areas

The College of Massage Therapists of Ontario (CMTO)'s Standard of Practice for Maintaining Professional Boundaries and Preventing Sexual Abuse includes a sample written consent form for assessment and treatment of sensitive areas that can be replicated for use by Massage Therapists (MTs or RMTs) in practice.

CMTO recently made a small update to the form to improve client understanding. The form now specifies that assessment/treatment of chest wall muscles does not include the breasts. This will help a client better understand that a chest massage does not include treatment of their breasts – unless it has been clinically indicated, discussed and consented to.

While written consent for assessment and treatment of sensitive areas is a mandatory requirement, it is part of the larger informed consent process. Informed consent gives your client the ability to make decisions about their treatment and healthcare. Informed consent is a process during which the following must be discussed with the client:

1. Nature of the treatment.
2. Expected benefits of the treatment.
3. Material risks of the treatment.
4. Material side effects of the treatment.
5. Alternative courses of action.
6. Likely consequence(s) of not having the treatment.

Please review the Standard of Practice for Maintaining Professional Boundaries and Preventing Sexual Abuse for more information on the treatment of sensitive areas and written informed consent.

If you have questions about informed consent, the Standard of Practice for Maintaining Professional Boundaries and Preventing Sexual Abuse or Massage Therapy practice, please contact CMTO's Practice Specialist at practicespecialist@cmto.com or by phone at 416-489-2626/1-800-465-1933 ext. 4124.