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BODYWORKS FOR BODYEASE SERVICES DISCLOSURE STATEMENT AND INFORMED CONSENT

Please read this statement carefully before you sign the Acknowledgment and Consent to Receive Services

The following is an explanation of the services I provide through BodyWorks for BodyEase, the benefits of these services, and important considerations regarding confidentiality and limitations of my practice. This information can help you make an informed choice about whether to engage my services. I will be happy to discuss any questions you have. If you decide you would like to use my services, please sign the Acknowledgment and Consent to Receive Services to formalize the agreement between us. You may download, print, and sign the Acknowledgment and bring it with you to your first appointment.

SERVICES

EDEN ENERGY MEDICINE is intended to balance and restore your body's natural energies to increase your vitality, strengthen your mental capacities, and optimize your health. I am a Clinical Practitioner of the form of energy medicine developed and taught by Donna Eden and explained in her book, *Energy Medicine*. The techniques you will be experiencing and learning trace back to ancient healing and spiritual traditions, just like yoga, tai chi, and acupuncture. The modern form I use and teach does not require adherence to any particular set of beliefs or practices. One core concept is your personal well-being and effectiveness are directly related to the state of your body's energies. Another core concept is your body has an innate ability to heal, and you can participate in the healing process. You will remain fully clothed during sessions; and the techniques I use may involve the use of certain postures or movements as well as touching, tapping, holding, pressing upon, tracing, or circling over specified areas of the body.

CRANIOSACRAL THERAPY is a light-touch and intentional technique to relieve pain and release tensions and stress deep in the body and improve whole-body health. I am a CranioSacral Therapy practitioner. Dr. John



E. Upledger, DO, OMM, developed the technique based on his research about cranial osteopathy and the craniosacral system. Like Eden Energy Medicine, this work has many layers, starting with a basic protocol and progressing according to your needs. Pockets of physical and/or emotional injuries or trauma in the body are released as your resilience improves and you move toward optimal health. You will remain fully clothed for CranioSacral Therapy treatments.

GRASTON TECHNIQUE is gentle instrument-assisted soft tissue mobilization. I use stainless steel instruments to help release tissue that has been compressed, such as fascia, trigger points or scars. This technique lets me work at deeper levels with tissues in the body. The part of the body being worked on will be exposed, and you will be properly draped.

REMOTE OR DISTANCE WORK: I first learned about distance healing in my study of and attunement to Reiki. I firmly believe that energy follows intent. Concepts found in quantum physics support the validity and use of Remote work, as do Lynne McTaggart's intention experiments and Dr. Masaru Emoto's experiments with water. The Remote work I do combines what I know as a Reiki master with what I have learned in Eden Energy Medicine and CranioSacral Therapy. A remote session may consist of coaching and teaching Eden Method techniques or balancing subtle energies using techniques acquired in CranioSacral studies.

LIMITATIONS OF MY PRACTICE

Although Energy Medicine uses the term "medicine," it does not imply that Energy Medicine practitioners are practicing medicine. This is a commonly used term by many training programs that teach people how to assess and correct for energy imbalances in the body. The methods I use – Eden Energy Medicine, CranioSacral Therapy, Graston, and Remote work – are not substitutes for the diagnosis and/or treatment of medical or mental health conditions by a licensed health-care professional. If you have a condition that has been diagnosed by a licensed medical or mental health professional or a condition that should be evaluated by a licensed health professional, my services should be used only in conjunction with your obtaining that care. I do not diagnose or treat medical or mental health disorders, nor am I trained or licensed to do so. The methods I use are intended to optimize the body's overall health and vitality, but they are not to be used instead of appropriate care from a licensed health-care professional.

YOUR INVOLVEMENT

- Effective energy work requires your active involvement in your self-care between sessions. I will show you how to establish energy patterns that optimize body, mind, and spirit. Reinforcing these new patterns through the regular practice of energy exercises I recommend and teach you is your part of the bargain.



- Energy Medicine, CranioSacral Therapy, and Remote work bring disturbed energies back to a state of balance and harmony. These corrections will generally consist of various forms of light or deeper touch and of movement of my hands within your body's energy field. If you are uncomfortable with being touched or with any of the procedures being used, please tell me and I will stop immediately if necessary.
- While the methods I use and teach are gentle and considered non-invasive, it is possible that physical or emotional after-effects may occur after your energies have been stimulated and adjusted. These may occur during the session or following our session. Also, in some instances, deeper pressure is used during a session to move energies that may be blocked or congested in a particular area of the body, and this may cause some pain or discomfort. Dizziness, nausea, or anxiety are relatively unusual but not unheard-of side effects to energy work. If any procedure is uncomfortable or leads to discomfort, please tell me at once. I will immediately stop if you request me to do so. Should you experience discomfort during or following a session, please let me know. In either case (during or after a session), I can often provide a technique to rebalance energies whose stimulation is causing or has caused discomfort.

MY BACKGROUND AND TRAINING

I have been a licensed and registered occupational therapist since 1992, and I have a PhD in Occupational Therapy. I have been a licensed massage therapist since 2013. I am a Reiki master and received that training in 1988. I began studying CranioSacral Therapy in 2017 and am versed in the 10-step protocol, SomatoEmotional Release, work with chronic depletion, deeper work with the brain, and unwinding the meridians. I continue to study with the Upledger Institute. I began training in Eden Energy Medicine in 2020 and am a Clinical Practitioner. I am pursuing further training to become an Advanced Practitioner by 2025. My Occupational Therapy experience and study of therapeutic massage have provided me with a thorough knowledge of anatomy and optimal function of the Musculo-skeletal system.

I believe that physical and emotional pain is stored in the body's subtle energy as well as in connective tissue known as fascia. Pain in the body (whether physical or emotional in origin) can be released gently using techniques that help energy to move in the subtle energies and in the tissue. When energy moves, the body, mind, and spirit can become harmonized and balanced. To that end, I use Energy Medicine, CranioSacral Therapy, Graston, and Remote Work as my primary methods and techniques.

CONFIDENTIALITY

Except for special situations described below, I will keep our work together confidential. I cannot and



will not tell anyone else what you have told me, or even that you are using my services without your prior written permission. You may direct me to share information with whomever you choose, and you can change your mind and revoke that permission at any time. You may request anyone you wish to attend a session with you.

If you communicate with me by email at some point in our work together, please be aware that email is not completely confidential. Any email I receive from you, and any responses that I send to you, will be kept as a part of your treatment record.

The following exceptions to confidentiality to which I am ethically and legally bound to adhere:

1. I am legally obligated to take action to protect others from harm, even if I have to reveal some information about a client's treatment. For example, if I believe that a child, an elderly person, or a disabled person is being abused, I must file a report with the appropriate state or local agency.
2. If I believe that a client is threatening serious bodily harm to another, I am required to take protective action. These actions may include notifying the potential victim or contacting the police.
3. If I believe that you are in imminent danger of harming yourself, I may legally break confidentiality and contact the police, a local crisis team, or a family member or other intimates.
4. In certain legal proceedings, particularly those involving child custody or those in which your emotional condition or treatment is an important issue, a judge may order my testimony. Confidentiality is not protected when a judge makes such an order or in certain other legal proceedings. Consult with an attorney if you are involved in a legal situation where confidentiality may be an issue.
5. If am asked to work with your spouse, partner, or another member of your family, we will establish the limits of confidentiality in advance. My policy in most circumstances is that what you say and what we do can be shared with other family members. If this is what we establish, do not tell me anything you wish kept secret from other intimates I am working with. If confidential information is a concern, it is better for each family member to work with a different practitioner.
6. I may occasionally find it helpful to consult other professionals about a client. During a consultation, I make every effort to avoid revealing the identity of the client. The consultant is also bound to keep the information confidential. In my own ongoing professional training, I may share details of your energy sessions without revealing your identity. I would not normally mention this unless I feel it is important to our work together.
7. Should I suddenly become unable to continue to provide my professional services, I have pre-authorized another health care professional to review my case notes and to contact my clients for the purpose of discussing next steps in the energy healing work they were doing with me.



THERAPEUTIC TOUCH

Physical contact, even in a healing relationship, can be a sensitive matter because touch can be easily misinterpreted and feel too intimate, uncomfortable, or sexual in nature. Touching in a sexual manner is unethical within a professional healing relationship, illegal, and will never be a part of my work with you. Many of the methods I will use, however, are likely to involve touch; or during remote work, you may feel sensations in different parts of your body. Touching or holding points can assist me - and you - in identifying and shifting imbalances in your energies. During our sessions, you will remain fully clothed, with perhaps the exception of your shoes. If you request Graston, the area of your body being worked on will be exposed, and you will be properly draped. Regardless of method, I will always explain ahead of time where I will touch, and you can let me know if you are comfortable with it or not. I will always honor any requests not to touch.

CLIENT SESSIONS

I offer several types of individual sessions:

Introduction to Eden Energy Medicine with General Energy Balancing – 45-60 minutes (limited energy testing) with the choice of:

Quick Energy Balance to harmonize and balance your subtle energy systems and help you to ground; **OR**

Black Pearl Sanctuary to relieve stress and calm emotions; **OR**

Chakra Clearing to balance and align chakras.

In-Depth Energy Medicine – 75-90 minutes

CranioSacral Therapy – 60 minutes

In-Depth CranioSacral Therapy – 75-90 minutes

Remote Sessions – 60-75 minutes

Graston Technique – 30 minutes

PAYMENT POLICY

- My fee for General Energy Balancing or 60-minute CranioSacral Therapy session is \$100
- My fee for In-Depth Energy Medicine, CranioSacral Therapy, or Remote sessions is \$125
- My fee for Graston is \$50 per half hour.
- Packages are available for In-Depth Energy Medicine, and CranioSacral Therapy: 3-session package \$350; 5-session package \$500, prepaid. Remote sessions 3-session package is: \$325.



You will be expected to pay for each session at the time it is held. Payment may be made in the form of cash or check. I also accept payments via Venmo, PayPal, and Square. Pre-payment may also be made through a secure link on my website.

CANCELLATION/NO-SHOW POLICY

I understand that sometimes you need to cancel or reschedule your appointment and that emergencies may occur. Should you need to cancel or reschedule your appointment, please contact me via phone call or text as soon as possible, and no later than 24 hours prior to your scheduled appointment (with the exception of you waking up sick on the day of our appointment or being exposed to someone with COVID-19). This gives me time to schedule other clients who may be waiting for an appointment.

Failure to contact me prior to 24 hours of the scheduled time will incur a full session fee. This fee will be due by the time of our next appointment unless we both agree that you were unable to attend due to circumstances beyond your control. For session packages, a no-show or cancellation without 24-hour notice will count as a completed session.

ACKNOWLEDGMENT AND CONSENT TO RECEIVE SERVICES

Your signature below indicates that you have read the BodyWorks for BodyEase Services Disclosure Statement, understand it fully, have discussed any questions or matters of concern with me and/or others, and agree to abide by its terms during our professional relationship.

Print Name: _____

Date: _____

Signature, handwritten or electronic: _____