

Energy Medicine Services and Disclosure Statement

WHAT IS ENERGY MEDICINE? I am a Clinical Licensed practitioner of Eden Energy Medicine. Energy medicine is an approach to healing that involves balancing and restoring your body's natural energies. When energy is balanced, you feel better and your body functions more efficiently. This enhanced functioning promotes optimal physical, emotional, and spiritual health. The techniques and principles of energy medicine that I practice come from the work of Donna Eden and are discussed in her book, *Energy Medicine*, and have their roots in components of Indian and Chinese Medicine, acupuncture, therapeutic touch, and kinesiology.

SESSIONS: The techniques I will be using and teaching are based on the premise that by promoting balance and flow in the body's electromagnetic and subtle energies, health and well-being are enhanced. These techniques incorporate touching, holding, tracing, tapping and circling over specific areas of the body while you are standing, sitting, or lying down. You will remain fully clothed throughout the session, except for your shoes. I also use elements of kinesiology or "muscle-testing" that involve a light pressure/counter pressure technique on your outstretched arm.

Effective energy work requires your active involvement between sessions. Our sessions will establish energy patterns that optimize body, mind, and spirit. Reinforcing these new patterns through the practice of energy exercises at home will reinforce, maintain, and extend the benefits you receive in the sessions.

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. In some instances, deeper pressure is used 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 anxieties 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 instantly stop if you request me to do so and can often provide a technique to counter the discomfort.

LIMITATIONS: Although Energy Medicine uses the term "medicine," it does not imply that Energy Medicine practitioners are practicing medicine. Energy Medicine is a term used by many training programs that teach people how to assess and correct for energy imbalances in the body. Energy Medicine is not a substitute for the diagnosis and/or treatment of medical or mental health conditions by a licensed health care professional.

If you have a disorder 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. Energy Medicine attempts to optimize the body's overall health and vitality, but it is not to be used instead of appropriate care from a licensed professional.

CONFIDENTIALITY: With the exception of special situations described below, you have the absolute right to the confidentiality of your therapy. I cannot and will not tell anyone else what you have told me, or even that you are in therapy with me without your prior written permission. Under the provisions of the Health Care Information Act of 1992, I may under certain circumstances legally speak to another health care provider or a member of your family about you without your prior consent, but I will not do so unless the situation is an emergency. You may direct me to share information with whomever you chose, 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 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.

MINORS: If you are under eighteen years of age, please be aware that the law may provide your parents or legal guardians the right to examine my records of our work together. If I feel there is a high risk that you will seriously harm yourself or someone else, I will notify them of my concern. Before giving them any information, I will discuss the matter with you, if possible, and do my best to handle any objections you may have about what I am planning to discuss.

BILLING AND PAYMENTS: You will be expected to pay for each session at the time it is held unless we agree otherwise. Once an appointment is scheduled, you will be expected to pay for it unless you provide 24 hours' advance notice of cancellation. If you are late, we will still end on time and not run over into the next person's session. If you miss a session without canceling, or cancel with less than twenty-four hours' notice, you must pay for that session by the time of our next meeting unless we both agree that you were unable to attend due to circumstances beyond your control. In circumstances of unusual financial hardship, I may be willing to negotiate a payment installment plan.

CONTACTING ME: When you contact me, I may be with a client or otherwise not immediately available by telephone. When I am unavailable, you will reach my voice mail. I monitor it frequently and will make every effort to return your call on the same day you make it. If it will be difficult to reach you, please inform me of some times when you will be available. If you are unable to reach me and feel that you can't wait for me to return your call, contact your family physician or, if you are experiencing a medical emergency, call 911 or go to the nearest hospital emergency room.