**Thank you** for trusting me with your health and energies. This is sacred work and I am privileged to be working with you …

This document contains important information about my services.

It is rather long however It does provide a framework for understanding the services that you are considering receiving from me. If you have any questions please do not hesitate to call me and discuss prior to your session.

If you decide you would like to use my services, please sign this document; it

will then represent an agreement between us.

**What is Eden Energy Medicine?**

I am a Certified Practitioner of Eden Energy Medicine, which involves balancing and restoring your body’s natural energies for the purposes of increasing your vitality, strengthening your mental capacities, and optimizing your health. I use the teachings of Donna Eden and integrate it with my training as a counsellor and life coach.. some of Donnas techniques trace back to Traditional Chinese Medicine, Tai Chi, Qi Gond, Acupuncture and yoga. There is no needling in my therapy.

The core concept is that your personal well-being and effectiveness are directly related to the state of your body’s energies.

**Your Body’s Energies**

Our bodies are comprised of molecules that are in constant motion and that are continually being influenced by outside forces. The vital role that these energies play in our everyday health and well-being is well established. Scientists from a range of disciplines are now introducing concepts such as “force fields” and “subtle energies” to explain what they are observing. Subtle energies are called “subtle” because they are not easily detectable;

**Energy Medicine Techniques** –

The techniques I will be using and teaching you are based on the premise that by promoting balance and flow in the body’s energies, health and wellbeing are enhanced. You will remain fully clothed at all times but I may ask you to remove your footwear and belt. They may involve the use of certain postures or movements, or touching, holding, pressing upon, tracing, or circling over specified areas of the skin. They move, balance, enhance, and restore the body’s energies. I may also employ a procedure called “energy testing” where I apply light pressure to your outstretched arm, sometimes while you or I touch another area of your body. This is a way of assessing how your energies are flowing through specific areas of your body and may help us to identify the techniques that will be of most benefit for you. The methods we will be using lend themselves to highly individualized applications in the office as well as back-home in self care.

**What Are The Limitations of My Energy Medicine Practice**

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 healthcare 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 you obtaining that care. 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. In addition to the fact that energy medicine does not diagnose or treat illness, another difference from visits to a medical doctor is that effective energy work requires your active

participation between sessions. I will show you how to establish energy patterns that

optimize body, mind, and spirit. Reinforcing these new patterns through the practice of ‘Self

Care’ energy exercises that I will recommend and teach to you will reinforce, maintain, and

extend the benefits you receive in the sessions.

Energy medicine techniques 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 movement of my hands within your energy field. If you are uncomfortable with being

touched or with any of the procedures being used, please tell me immediately and I will

instantly stop.

While the methods I use and teach are gentle and considered non-invasive, it is possible that

physical and 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 anxiety are relatively unusual, but not unheard of side effects to

energy work. If any procedure is uncomfortable or leads to discomfort for you in any way,

please tell me at once. I will instantly stop if you request me to do so and can often provide

a technique to rebalance energies whose stimulation is causing discomfort.

**Sessions**

I will generally schedule an appointment of 60-90 minutes duration at an interval we both agree

upon. Sessions may be longer, shorter, more frequent or less frequent; this will be with

prior agreement between us.

**Professional Records & Confidentiality**

I keep brief records on each session, primarily noting the date of the session, techniques

used, and any progress or obstacles that have come up as they relate to your goals with

working with me. I maintain your records in a secure location that cannot be accessed by

anyone else. I will maintain your records for one year after our last contact, after which I

will securely dispose of them. Please refer to the privacy statement in the Client Information

and Health History Form.

**Confidentiality**

With the exception of the special circumstances outlined 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 your

permission at any time. You may request to have someone attend a session with you. If you

elect to communicate with me electronically by email at some point in our work, please be

aware that email is not completely confidential. All emails will be retained in the logs of your

or my internet service provider. While under normal circumstances no one looks at these

logs, they are in theory, available to be read by the system administrator of the internet

service provider. Any email I receive from you, and any responses that I send to you will be

kept as a part of your treatment record.

Following are exceptions to confidentiality when:

1. There is a threat to your safety (such as a medical emergency) or the safety of

others.

2. You authorise disclosure

3. You request a copy of your records for another health professional or agency

4. I am permitted or compelled by law to disclose your information (such as a

subpoena)

I realize this is a lot of information to read and absorb. However, it is important to me that

both of us are clear in our professional relationship, and that any questions or concerns you

have are answered ahead of time to your satisfaction. I also encourage you to ask questions

as they come up for you during our work together.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_have read and understand the information in

this statement. I have had a chance to ask questions, and have had these questions

answered to my satisfaction.

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_