

Informed Consent for Services

Britt Foster Certified Energy Medicine Practitioner

What is Energy Medicine?

Everything is energy and that's all there is to it. Einstein had it right; energy is at the root of everything in life. The human body is surrounded, penetrated by and emits energy in various forms: electric, magnetic, light and subtle. States of health or disease relate to the flow or lack of flow of our energetic systems. Energy medicine recognizes that underlying energetic imbalances often precede illness or maladies and that balancing these subtle energies can assist the body in moving toward wellness.

Your body is orchestrated by energies that are designed to have your mind and body function at their best. But due to environment, trauma, emotional challenges or everyday stress, that energy can become stagnant, blocked, or imbalanced. Over time, these blocks and disharmonies may manifest as illness, fatigue, depression, allergies, pain or other difficulties.

Energy Medicine takes a holistic approach that is particularly attuned to your energies. The health of the body is reflected in the health of its energies. Balancing the body's energies can balance the body's chemistry, regulate hormones, shift emotions, reduce pain and help you feel better.

Where conventional medicine focuses on the biochemistry of cells, tissue and organs. Energy medicine focuses on the energy fields of the body that organize and control the growth and repair of cells, tissue and organs. Our first approach to a health challenge is by strengthening the person's overall energy system and then by working with specific energies that are involved in the problem. Changing impaired energy patterns may be the most efficient, least invasive way to improve the vitality of organs, cells and psyche.

ENERGY MEDICINE IS NOT THE PRACTICE OF MEDICINE

As part of my practice, I incorporate methodologies that appear to have promising mental health benefits but have yet to be fully researched by the academic community and remain unproven. This informed consent will provide you with some basic information about two methods, Energy Medicine and Energy Psychology, and how it is an option in our work together. We can discuss any aspect of this consent, and you are under no obligation to agree to these methods. Although Energy Medicine uses the term "medicine", it is not meant to imply that an Energy Medicine practitioner is practicing medicine. Even though Energy Psychology uses the term "psychology", it is not meant to imply that a Diplomate, Comprehensive Energy Psychology is practicing psychology. These are commonly used terms by many training programs that teach people how to assess and correct for energy

imbalances in the body. The prevailing premise of Energy Medicine and Energy Psychology is that the flow and balance of the body's more subtle energies are important for mental and emotional health, and there are energy-based methods that help in fostering that well-being.

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There appears to be an interactive effect among the following personal aspects: Emotions Thoughts Beliefs Images Behaviors Subtle Energies Bodily Sensations These aspects influence each other and each may promote mental and emotional health and well-being. The relationship you have to others, your community, the environment, and spirituality also impact all the personal aspects. Your therapy may focus on any combination of these internal or external aspects in order to most effectively help you obtain your goals.

The role of subtle energy in the session

Energy Medicine and Energy Psychology is based on the premise that by affecting subtle energies there can be a shift in emotions, thoughts, and behaviors. There are a variety of methods that appear to have an impact on subtle energies. The most common method is balancing the energies in the meridians with the use of tapping, rubbing, holding or tracing. Meridians are energy pathways that run through the body sending energy to all the organs and the entire body. A balance of energy in the meridians fosters health. Another method targets the energy centers of your body called chakras, which are considered to hold emotional memories. To affect these energies, I might move my hand near your body while you lie on a table. The theory behind chakra clearing is that the charge of my hand is interacting with and balancing the energy fields of your body. Most people experience a pleasant feeling, while others may recall the old distress we are targeting. There are numerous other methods all designed to balance the flow of energies. For a review of these energy systems and the methods used to enhance them, see Eden's book, Energy Medicine (1998), Gerber's book, Vibrational Medicine (200

What to Expect

A session is typically 60-90 mins in length. Clients are typically seen weekly but can be seen more or less frequent as discussed during your assessment. The client remains fully clothed during the session. It is encouraged that you wear comfortable, loose clothing that allows for free movement of the limbs. Shoes and socks may be removed to perform energy work on the feet. Please wear minimal jewelry, no watches, magnetic bracelets and no perfume.

The session starts with a discussion of your concerns and reasons for consultation. We will access the current state of the body's energies and begin balancing. This will generally consist of postures, holding acupuncture points and movement of my hands within the field. If you are uncomfortable with anything during the session, please tell me *immediately* and I will make adjustments. These sessions are meant to be enjoyable not painful. We are all very unique individuals with unique preferences and sensitivities. We work in partnership and encourage open communication to make the most of the work we do together.

While the methods I use are gentle and considered non-invasive they can move a lot of energy, *it is possible that physical or emotional after-effects may occur after your energies have been stimulated and adjusted*. This may include nausea, anxiety, dizziness or a "processing period" where you feel a little off for a couple of days after. Though it is not common it is not unheard of.

Limitations to Energy Medicine

Energy Medicine is NOT a substitute for the diagnosis and/or treatment of medical or mental health conditions by a licensed health care professional. My services are offered in conjunction with your obtaining that care. Although Energy Medicine uses the term "medicine" it does not imply that Energy Medicine practitioners are practicing medicine. PLEASE NOTE: I DO NOT DIAGNOSE AND/OR TREAT MEDICAL OR MENTAL HEALTH CONDITIONS. IT IS YOUR FULL RESPONSIBILITY TO SEEK MEDICAL ADVICE, DIAGNOSIS OR CARE FROM YOUR PRIMARY CARE PHYSICIAN.

Partnership

Our work together is a partnership and requires your active involvement in order to be effective. Our sessions will identify energy patterns or blocks that require re-patterning. These new energy patterns will need to be reinforced at home between sessions in order to maintain and extend the benefits received in the sessions. I ask for your strong commitment to work to achieve the goals of the energy balance.

Confidentiality

I understand that my records, personal information and session notes are strictly confidential and will not be released without written consent, except in case of subpoena or otherwise legally obligated or reasonably allowed to do so (including clear and imminent danger to yourself or another person). If I am working with other members of your family or legal guardian, we will discuss in advance the kinds of information I may reveal.

Minors

If you are under the age of eighteen years, please be aware that the law may provide your parents or legal guardians the right to examine the records of our work together. In the event that I feel there is a high risk of injury and/or harm to yourself or someone else, I will notify them of my concern. Before giving them any

information, I will endeavor to discuss the matter with you and handle any objections you may have with what I'm prepared to discuss.

Fees, Cancellation and Refund policies

I work on a flat rate per session, currently \$175. Some run longer or shorter depending on the depth of the work we are doing and that saturation of your body at that time. Payment is due at the time of service. We require 24hr notice of cancellations, and please be on-time. If you are late your session will be shorter in order to honor other clients following your appointment. In the event that you are dissatisfied with the service that has been provided and feel you have received no benefit whatsoever I will gladly refund your payment.

Informed Consent and Authorization to receive services

I have read and understand the above disclosure regarding the services offered by Britt Foster Energy Medicine, LLC. I hereby request and consent to the use of Alternative Healing Modalities, including but not limited to, Energy Medicine, Kinesiology, and Energy Psychology. I understand I have the right to refuse any and all services offered and in turn be refused services.

I am aware that the practice of Energy Medicine is not an exact science and I acknowledge that no guarantees have been made to me as to the results of examination or treatment. I understand that Britt Foster and her services as an EM practitioner are not licensed. I further understand that Britt Foster is not a physician and cannot diagnose illness, make recommendations involving pharmaceutical drugs, surgery or handle medical emergencies mental or physical.

I agree that I am ultimately personally responsible for my own health care. I knowingly, voluntarily and intelligently consent to use the services offered.

I agree to release and indemnify Britt Foster Energy Medicine LLC, Britt Foster, and her agents, from and against any and all claims for which I (or my representative) may have for any loss, damage, or injury arising out of or in connection with my use of Britt Foster Energy Medicine LLC services.

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.

Signature _____

Date _____

Parent or Guardian _____