

## **Expanding Your Light- Consent Form**

### **Inner Guidance Coach Reiki/Energy Medicine**

I am a graduate of the **Eden Energy Medicine Clinical Practicum Class**. Thank you for working with me. This document contains information about Eden Energy Medicine (EEM) and what you can expect during our practice session. Please read it carefully and note any questions you might have. For more information, visit: [www.LearnEnergyMedicine.com](http://www.LearnEnergyMedicine.com), click "Classes and More," then click "EEM Foundations Program."

**WHAT IS ENERGY MEDICINE?** Energy Medicine is an approach that involves balancing and restoring your body's natural energies for the purposes of increasing your vitality, strengthening your mental capacities, and optimizing your health. The form of Energy Medicine I use was developed by Donna Eden and is described in her book, *Energy Medicine*.

**ENERGY MEDICINE IS NOT THE PRACTICE OF 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. 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.

You can expect me to approach my work in a professional manner; honoring scheduled appointments and confidentiality. Energy Medicine techniques bring disturbed energies back to a state of balance and harmony. Generally, these techniques will consist of various forms of light or deeper touch and the 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 immediately and I will stop right away. While the methods I use are gentle and considered non-invasive, it is possible that physical or emotional after-effects may occur once your energies have been stimulated and adjusted. If any procedure is uncomfortable or leads to discomfort, please tell me at once. I will stop instantly if you request me to do so and can often provide a technique to counter the discomfort.

#### **OTHER ASPECTS OF OUR RELATIONSHIP**

**I Welcome Your Questions.** Please ask me questions about anything that happens in our work together. I'm always willing to discuss how and why I'm doing what I'm doing.

**Touch.** Many of the methods I will use are likely to involve touch. Touching or holding points can assist us in identifying and shifting imbalances in your energies. You will always remain fully clothed, with perhaps the exception of your shoes. 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. And I will always honor any requests not to touch.

**Complaints.** If you are unhappy with our work together, I hope you will talk about it with me so I can respond to your concerns directly. I will take such concerns seriously and respond to them with care and respect. Your signature below indicates that you have read the information in this document, understand it fully, and have discussed any questions or matters of concern with me.

