

## **Client Acknowledgment, Informed Consent & Terms of Service**

Path to Ascended Wellness & Coaching LLC

### **1. Nature of Services**

I understand that the services provided by Path to Ascended Wellness & Coaching LLC may include, but are not limited to, coaching, consulting, presentations, wellness education, guided meditation, Reiki, spiritual support, audio programs, group programs, and other holistic or integrative wellness practices.

I acknowledge that these services are educational, supportive, and wellness-focused in nature and are intended to support personal insight, stress reduction, balance, self-awareness, and overall well-being.

### **2. Not Therapy or Medical Care**

I understand and agree that the services provided are not psychotherapy, counseling, psychological treatment, or medical care.

These services do not diagnose, treat, cure, or prevent any mental health condition, illness, or disease.

Participation in coaching, Reiki, meditation, or wellness programming is not a substitute for professional mental health care, medical treatment, or crisis services.

If I am currently under the care of a licensed healthcare provider, I understand that I am encouraged to continue that care as needed.

### **3. Scope of Practice**

I acknowledge that although Kimberly Hein-Beardsley holds professional credentials in therapy, coaching, and holistic practices, the services provided through Path to Ascended Wellness & Coaching LLC are delivered outside of a clinical therapeutic relationship unless otherwise explicitly stated in a separate, formal therapy agreement.

I understand that no therapist-client relationship is formed through participation in these services.

### **4. Personal Responsibility**

I acknowledge that my participation in services is voluntary.

I am solely responsible for my physical, mental, emotional, and spiritual well-being during and after sessions, workshops, programs, or use of digital content.

I may choose to discontinue participation at any time.

I agree to listen to my own needs and limits and to seek additional professional support if distress arises.

### **5. Reiki & Energy-Based Services (If Applicable)**

I understand that Reiki and other energy-based practices are considered complementary wellness modalities intended to support relaxation and balance.

I acknowledge that Reiki is non-invasive and may involve light touch or no touch at all.

I understand that experiences vary from person to person and that no specific outcome is promised or guaranteed.

### **6. Confidentiality & Group Settings**

Reasonable care will be taken to respect privacy and confidentiality in individual services.

For group programs, workshops, or presentations, I acknowledge that confidentiality cannot be guaranteed and agree to respect the privacy of others by not sharing personal information disclosed by participants.

### **7. Emergency & Crisis Disclaimer**

I understand that these services are not appropriate for crisis situations.

If I am experiencing suicidal thoughts, emotional crisis, or a mental health emergency, I agree to seek immediate help by contacting 911 (U.S.), the 988 Suicide & Crisis Lifeline, or a local emergency service.

### **8. Assumption of Risk & Release of Liability**

I voluntarily assume all risks associated with my participation in these services.

I agree to release and hold harmless Path to Ascended Wellness & Coaching LLC and Kimberly Hein-Beardsley from any liability, claims, or demands arising from my participation, except in cases of gross negligence or willful misconduct.

### **9. Acknowledgment & Consent**

By registering for, purchasing, or participating in any services, programs, or events, I confirm that:

- I have read and understood this Client Acknowledgment, Informed Consent & Terms of Service;
- I have had the opportunity to ask questions; and
- I freely and knowingly consent to participate.