

Welcome!

Welcome to coaching with Designed 4 Wellness! I am beyond excited to partner with you to elevate your health and wellbeing. I am grateful for the opportunity to collaborate so you can feel and live better.

While your physical health is indeed important, coaching is about so much more than that. In our sessions, we'll address your health as a whole person: your mind, body, spirit, emotions, environment, values, and purpose.

Throughout our coaching process, we will collaborate to improve your health and elevate the quality of your performance and life.

We will explore what is truly important to you, create goals that inspire you, breakdown resistance to change, and commit to action that will propel you forward.

My role is to help you see what you cannot see on your own; to elicit focus, clarity, and a new perspective so that you can reach an optimal state of health.

We'll take an honest look at where you are right now, where you want to go, and create a plan for how to get you there.

Please note, that by submitting payment for and attending a session you are agreeing to all terms put forth in these disclosures and statements. There are several forms in this document so be sure to preview them all. Certain forms will need to be signed and brought to or sent prior to your first session. Do watch your email for those forms and return as requested to make the most of your session time.

Looking forward to our time together!

Missy Murphy, NHC, CLC

Master Splanina Practitioner

missy@designed4wellness.org

402-980-6602

PRIVATE HEALTH COACHING AGREEMENT and CONSENT TO TERMS

Health Coaches are not Medical Doctors (MD's). I understand that I should continue to see any medical doctors I am currently under the care of, and that any prescription medication should not be altered without first consulting the Medical Doctor. **Designed 4 Wellness LLC/Missy Murphy** will not diagnose or treat any known or unknown condition, nor make statements that might show intent to prescribe any medication for the treatment of a known or unknown condition.

We, the undersigned, hereby acknowledge that the business of **Designed 4 Wellness LLC/Missy Murphy** consists of health coaching, educating, resourcing and non-invasive natural remedies such as vitamins, minerals, herbs and dietary changes to create a healthy environment in the body. Coaching discussions and recommendations for consideration may also include various bodywork modalities such as TKM, prayer and emotion work tools but are not limited to such. Your work done with me is based on the belief that body has a natural ability to heal itself, if given an appropriate internal and external healing environment. Nothing said, done, typed, printed or reproduced by me or during our work together is intended to diagnose, prescribe, treat or take the place of a licensed physician.

I agree that **Designed 4 Wellness LLC/Missy Murphy** assumes no responsibility for my actions, nor for the results of any action I may take with regard to recommendations made during the time period with which **Designed 4 Wellness LLC/Missy Murphy** is retained in the capacity of a Health & Life Coach. I also attest that I am solely seeking coaching, educating, input and recommendations with **Designed 4 Wellness LLC/Missy Murphy** on my own behalf, and not as an agent or representative of any Federal, State, County, Local Agency, or any Independent Doctor's Office on a mission of entrapment or investigation in behalf of these or any other agencies, either on this or any subsequent visit.

I understand that I am responsible and accountable for all charges incurred, and any subsequent interest and/or past due charges for unpaid balances, including any charges for collecting on all 'past due' bills. Due to Federal Regulations, opened supplements cannot be returned for a refund.

The signatures below signify a contract that is not subject to change or adjustment by any non-vested party. My signature below indicates that I have read all of the above statements and that I accept and understand them completely. I agree to consult with **Designed 4 Wellness LLC/Missy Murphy** on these terms.

By scheduling session or remitting payment through website I consent to the terms in these forms.

Signature: _____ (website approval is signature)

A COPY OF THIS DOCUMENT WILL REMAIN IN THE CLIENT FILE

Designed 4 Wellness LLC

Designed 4 Wellness
Missy Murphy

CLIENT INFORMED CONSENT AND DISCLOSURE STATEMENT

Theoretical Approach

My primary methods of emotional freedom coaching are Splankna and IBRT. These are biblically based protocol for trauma resolution. Mind-body/energy work utilizes the same system in the body that acupuncture and chiropractic are based on to resolve disturbing emotions that are stored in the body. I also provide coaching from The King Method and Access Bars for physiology support. The prevailing premise of Splankna, IBRT, TKM & Bars work ***is that the flow and balance of the body's subtle, electromagnetic energies are important for optimal physical, spiritual, and emotional health and for fostering well-being.*** Splankna & IBRT are designed to help get to the origin of an emotional issue with the goal of rapidly desensitizing the emotional stress connected to a past event. Splankna & IBRT incorporate elements from several newly emerging energy-based self-help techniques. While utilizing energy techniques, Splankna & IBRT work are faith-based and centered on prayer. Subsequently, it falls under the distinction of ministry. Traditional biblical principles are also incorporated such as confession, repentance and forgiveness.

Although energy techniques like Splankna & IBRT appear to have promising emotional, spiritual, and physical health benefits, they have yet to be fully researched by the Western academic, medical, and psychological communities and therefore may be considered experimental. Energy techniques are self-regulated, and they are considered alternative or complementary to the healing arts. Because energy techniques are relatively new healing approaches, the extent of their effectiveness, as well as their risks and benefits, are not fully known. If you ever have questions or concerns about the nature of the theories, methods, approaches and/or techniques I use, please feel free to ask me for further resources or references.

Outcome Expectations/Risk & Benefits/Treatment Plan

Please note that it is impossible to guarantee any specific results regarding your goals using any of the approaches I offer in my practice. However, we will work together to achieve the best possible results for you. Our work together requires your very active involvement, honesty and openness in order to change your thoughts, feelings and/or behavior. You will have to participate both in and out of our sessions. I will ask for your feedback and views on our work and its progress and will expect you to respond openly and honestly. As with any intervention, there are risks associated with Splankna & IBRT work. Risks might include remembering, talking about, or experiencing unpleasant events which results in uncomfortable levels of feelings like sadness, guilt, anxiety, anger, frustration, worry, etc., or experiencing anxiety, depression or insomnia, etc., or having difficulties with other people. Being confronted with your difficulties can be very challenging. Some changes may lead to what seems to be worsening circumstances or even losses (for example, significant emotional healing can disrupt marital stability).

In addition, if you choose to engage in Splankna or IBRT work, emotional or physical sensations or additional unresolved memories may surface which could be perceived as negative side effects. You may experience some temporary emotional distress and physical discomfort related to prior life experiences as emotions are clearing. If we are to work together, we will need to specify methods, risks and benefits of treatments, the approximate time commitment involved, costs and other aspects of your particular situation. We will discuss a plan that seems most appropriate to help you reach your goals. However, regardless of our work together, you agree to take full responsibility for your self-care in the emotional, mental, physical, and spiritual dimensions of your life.

Other Important Information

Please be advised that I offer my services as Christian Ministry and professional Life & Wellness Coach. I am not a mental health professional and the approaches I offer are not intended to be a substitute for medical diagnosis or psychotherapy and they do not replace the services of a licensed physician or licensed psychotherapist. You agree and understand it is your responsibility to consult with your physician/psychiatrist for any specific medical problems. Further, you understand I may suggest you

contact your physician or psychologist/psychiatrist if I believe it's advisable. In addition, you understand that any information shared during our sessions is not to be considered a recommendation that you stop seeing your physician or using prescribed medication, if any, without consulting with your physician/psychologist, even if after a session it appears and indicates that such medication or treatment is unnecessary.

Confidentiality will be maintained except for the following exceptions required by law to be reported: suspected harm to self or others, or suspected child or elder abuse.

Use of Touch

You understand the application of Splankna & IBRT work includes light touch on the back of the wrist for muscle testing. Touch can be a potential problem in a support relationship if you feel it is inappropriate. If you have any misgivings, doubts, or any negative reactions to any physical contact, it is very important that you let me know as soon as possible so that we can discuss your concerns. You understand that you have a choice about these techniques involving touch.

Education and Training

1998 BS Human Development & Family Studies – Grace University, Omaha, NE
2006 Certified Simply Music Teacher – Simply Music LLC
2021 Certified Life Coach – Transformation Academy
2021 Certified Health Coach – Trinity School of Natural Health
2021 Licensed & Ordained Christian Minister – NACM & Victory Fellowship International Ministries
2021 The King Method – TKM Institute – Levels 1-4 and Self-Help
2022 Master Splankna Practitioner – Splankna Training Institute, Denver, CO
2024 Natural Health Consultant, NHC - Genesis School of Natural Health
2024 Integrated BioEnergetic Restoration Therapy (IBRT)– in practicum

Acknowledgment and Consent to Receive Services

By signing this document and any attachments hereto, you agree that I have disclosed sufficient information to enable you to decide to undergo or forgo any of the approaches and other services I offer. You understand that your consent to the nature of our sessions is given voluntarily, without coercion, and may be withdrawn at any time in the future. Further you understand that Splankna & IBRT are relatively new ministerial approach and the extent of its risks and benefits are not fully known and you agree to assume and accept full responsibility for all risks associated with experiencing Splankna or IBRT work. You represent that you're competent and able to understand the nature and consequences of our proposed sessions and agree to be personally responsible for the fees related thereto. You have read and understand the above disclosure about the services offered by me and my training and education and you have discussed with me the nature of the services to be provided, and except in the case of gross negligence or malpractice, agree to release, indemnify, hold harmless and defend Splankna Incorporated, Integrated Life Strategies, The King Method, Access Consciousness and Designed For Wellness, LLC, their owners, managing partner, members, employees, representatives, and, consultants from and against any and all claims or liability, of whatsoever kind or nature, which you or your representatives may have, for any loss, damage or injury, including without limitation, physical, emotional, mental, financial, or spiritual, arising out of or in connection with your sessions.

Client Signature *

*Website payment and session fee submission will also be considered signature