



## Terms and Agreements for Empowerment EFT Sessions

### Information Related Terms and Clarifications:

I understand that any information Lori Lamont may provide is only general information and is not to be considered medical or legal advice. Lori Lamont is not a licensed therapist, psychologist or health care practitioner. I understand that in sessions we will use techniques that address the energy system of the body.

In an EFT, Matrix Reimprinting and/or Meta Consciousness session with Lori Lamont, we will use techniques that address the energy system of the body. Energy methods are intended to complement, not replace, medical or psychological care. Though Matrix Reimprinting and EFT are therapeutic, they are not clinical therapy or psychotherapy and do not replace medical, psychiatric, or psychological care.

These methods include, but are not limited to EFT/Tapping, Matrix Reimprinting, Somatic Trauma Processing, Polyvagal Toning, Meta Consciousness and more. While evidence is mounting through scientific studies of the clinical significance of providing positive outcomes, each person responds differently and results vary from person to person.

Lori Lamont does not diagnose illness or disease, and does not prescribe medications. I agree not to discontinue or change any medications I am taking while working with Lori Lamont without consulting my doctor.

### Possible Experiential Awareness & Memory Reconciliation:

I understand that EFT and Matrix Reimprinting are therapeutic approaches that intentionally work with past lived experiences and emotional memory.

I understand that EFT and Matrix Reimprinting procedures may bring unresolved and distressing memories and related emotions and physical sensations into my awareness, and it is possible that disturbing material may continue to surface after a session and require further work.

Because this approach involves returning to past experiences, emotional activation may occur. This is an expected part of the process and does not indicate harm. The aim is not to create distress, but to work with emotional memory while maintaining nervous system safety.

This work is informed by the neurobiological process of memory reconsolidation. When a memory is intentionally and gently reactivated, it becomes temporarily open to updating. During this window, new information, safety, and regulation can be registered by the nervous system. When this occurs, the memory may reconsolidate with reduced emotional charge or threat response.

Memory reconsolidation does not erase memories or change historical events. It supports the release of outdated survival responses so that past experiences no longer drive present-day reactions in the same way.

I understand that the intensity of previously vivid or traumatic memories may diminish or vanish completely. While this is considered a benefit, this reaction may adversely impact my ability to provide compelling legal testimony regarding a traumatic incident.

Any stories or testimonials about Empowerment EFT, Deliberate Manifestation, Meta Consciousness, EFT or Matrix Reimprinting are not to be considered a warranty, guarantee or prediction regarding any outcome of any individual working with Lori Lamont.

### Confidentiality:

I understand that all information I share with Lori Lamont is confidential and that no information will be released to any third party without my express written consent, with the following exceptions:

- When there is imminent risk of danger to myself or another person.



- When there is suspicion that a child or elder is being sexually or physically abused or is at risk of such abuse.
- When a valid court order is issued for session records.

I give Lori Lamont permission to describe the details of my sessions to her students, colleagues and mentors for training or supervision purposes only, as long as my personal anonymity is strictly protected.

### Recording Consent:

Sessions are not normally recorded. Sessions performed on Zoom when the client is on a device that allows for recording to their device are acceptable to request recording capabilities. Lori is not responsible for recordings and simply allows the client to record on their device if they request it.

### Session Cancellation Policy:

#### Timing

- I understand that a session runs for about 55 minutes from the start time. If I am late to the appointment the end time will still remain the same.
- If I am meeting with Lori Lamont remotely; over the phone or computer, I agree to be in a safe and private space throughout the session time. I will not operate machinery during a session.

#### Less than 24 hours

- **Refund:** No refunds or rescheduling

#### More than 24 hours Prior to Session:

- **Reschedule-** You can opt to reschedule your session by hitting the "change appointment" button at the bottom of your confirmation and reminder emails.
- **Credit:** You can request to give your credits to another person, or to use the credit in another form; classes, group tapping, mentoring etc.
- **Refund:** 50% refund issued within 10 business days

**Emergency Cancellation:** In the event of an emergency, please email Lori directly to go over your best options. [LoriLamont@proton.me](mailto:LoriLamont@proton.me)

### Session Package Cancellation / Refund Policy:

#### Session Packages Purchased Within 90 Days

- **Credit-** You can request to give your credits to another person, or to use the credit in another form; classes, group tapping, mentoring etc.
- **Refund-** 50% Refunds issued within 10 business days

#### Session Packages Purchased More Than 90 Days Ago

- **Credit-** You can request to give 50% of your credit to another person, or to use 50% of the credit in another form; classes, group tapping, mentoring etc.
- **Refund-** No refunds issued beyond 90 days of purchase

### Agreement of Terms:

I have thoroughly considered all of the above and have obtained whatever additional input and/or professional advice I deem necessary or appropriate to make an informed decision before commencing sessions utilizing EFT.

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Signature (electronic type name or print and sign)

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Date