



Terms and Agreements for Empowerment EFT / Matrix Reimprinting Trainings and Events

Information Related Terms:

Any information that Lori Lamont may provide is not to be considered medical or legal advice. Lori Lamont is not a licensed therapist, psychologist or health care practitioner.

In an EFT, Matrix Reimprinting and/or Meta Consciousness Training 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. These methods include, but are not limited to EFT/Tapping, Somatic Trauma Processing, Matrix Reimprinting, Polyvagal Toning and more.

Possible Experiential Awareness:

Throughout the training we may have demos and practices with real life experience of the modalities being taught. While evidence is mounting through scientific studies of the clinical significance of providing positive outcomes of the modalities being taught, each person responds differently and results vary from person to person. These real-life experiences may bring unresolved and distressing memories, traumas and related emotions and physical sensations into your awareness, and it is possible that disturbing material may continue to surface after the training ends.

All participants agree to take full responsibility for their own physical and mental health throughout the training. In the event a participant has a need for additional support during the class, they agree to notify the instructor or the Emotional Assistant.

Matrix Reimprinting Specific Consent Appendices

Matrix Reimprinting Using EFT: Scope, Safety, and Memory Reconsolidation

This workshop includes **Matrix Reimprinting using EFT**, a therapeutic approach that intentionally works with **past lived experiences** and emotional memory. Participants are guided to revisit earlier experiences in a structured and regulated way in order to reduce the emotional and physiological impact those experiences may continue to have in the present.

Matrix Reimprinting using EFT is **therapy**, though it is **not clinical psychotherapy** and does not replace medical, psychiatric, or psychological care.

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**.

A core principle of Matrix Reimprinting using EFT is **continuous regulation**. Tapping is used throughout to support nervous system stability. If activation increases, tapping continues and the process is slowed, paused, or redirected to present-moment orientation. Breaking state, grounding, and returning to safety are part of best practice and are prioritized over completing any exercise.

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.

Participation is always by choice. No one is required to share personal details, disclose experiences publicly, or continue an exercise that does not feel appropriate. Participants may pause, step back, or opt out at any time without explanation.

Trainers hold a clear boundary around scope. If a participant becomes overwhelmed or presents with needs that exceed the limits of this workshop, the trainer will support grounding and encourage appropriate external support. Trainers do not provide crisis intervention or ongoing therapeutic care beyond the training context.

Class Etiquette:

Each participant agrees to only address and share safe and appropriate experiences in the demo and practice settings. As a general rule, safe and appropriate topics we will address are current, low leveled intensity events and issues unless otherwise instructed.

If a participant has an issue with another person in the class, they are to notify Lori privately. Under no circumstances are complaints or grievances of another person in the class to be shared openly within the training.

Confidentiality:

All participants are required to maintain confidentiality of all class participants. Each participant is welcome to share their own personal experience but are not welcome to share the details or information from any other class participants.

Lori Lamont reserves the right to describe the details of EFT Trainings and breakout rooms to her students, mentees, colleagues and mentors for training or supervision purposes only, as long as personal anonymity is strictly protected.

Class Attendance:

In order to receive a certificate of attendance, all participants must attend all classes. In the rare event where a participant may need to miss class time, they must disclose this to Lori in advance and each case will be treated individually to determine if credit will be given to the participant.

Classes begin on time. All participants are expected to be ready to learn at the scheduled start time. If a participant is not in the class and has not notified Lori that they will be late, they may not be permitted to enter the class late. Each class is a safe container and having people come and go is very disruptive to the class unit and avoided at all cost.

Content Use:

Each participant will be provided with class resources and in some cases class recordings. All content and recordings are the property of Lori Lamont, Empowerment EFT and are not to be shared with anyone outside of the class.

Recording and Photography Consent:

In Person Events:

Photography: In person events may have photos taken both throughout the training and at the end as a graduation or group photo. Participants are welcome to opt out of photos but must notify Lori in advance.



Recording: If a participant is in the role of client for a demo or a practice session, they are welcome to request to have their session recorded. The person in the practitioner role must also agree to the recording. Participants are only allowed to record themselves and no other participants.

Training Cancellation Policy:

30+ Days Prior to Event:

Reschedule- In the event you cannot attend an event, the simplest solution would be to change your registration to an event scheduled at another date. If it is 30+ days prior to start date you are welcome to do so at no charge.

Credit- If you cannot attend an event / training, you are welcome to use your tuition paid towards EFT sessions with Lori Lamont. If it is 30+ days prior to start date you are welcome to do so at no charge.

Refund- If you require a refund and it is more than 30 days before the event start date; a refund will be issued in full minus a \$75 administration fee.

14-29 Days Prior to Event:

Reschedule- You can still opt to move to a future event with a \$50 administration fee.

Credit- Credits will be issued towards sessions minus a \$50 administration fee.

Refund- A 50% refund can be issued if you do not want to reschedule or switch to a credit in sessions.

0-13 Days Prior to the Event

Reschedule- You can still opt to move to a future event with a \$95 administration fee.

Credit- Credits will be issued towards sessions minus a \$95 administration fee.

Refund- No refunds at this stage.

Medical Emergency- In the event of a medical emergency, please email Lori directly to go over your best options. A doctor's note may be requested. LoriLamont@proton.me

Agreement of Terms:

Each participant is agreeing to the terms above by completing registration of the training and signing below.

Signature (electronic type name or print and sign)

Date