

DISCLAIMER

By attending a session, event, or service offered by **The Centre for Energy Therapy**, I acknowledge that I have read, understood, and agree to the following:

I understand that emotional, physical, or mental releases may arise during or after a session. I acknowledge that these experiences are part of my own healing process, and **I accept full responsibility for my physical, mental, emotional, and energetic well-being during and after the session.**

Energy Therapy may involve breath awareness, emotional release, and subtle energetic shifts intended to support relaxation, clarity, and overall well-being. As with any modality that engages the body and mind, there is always a possibility of discomfort or unexpected responses.

I understand that **Energy Therapy is a complementary practice and is not a substitute for medical or psychological care, including diagnosis, treatment, or medication.** I affirm that I am responsible for consulting with a licensed physician or mental-health professional regarding any physical or psychological conditions that may affect my participation.

Energy Therapy is not recommended for individuals currently experiencing or prone to psychosis, delusion, mania, or other acute psychiatric conditions. **By participating, I affirm that I am in a stable physical and mental state that allows me to safely engage in this work.**

I acknowledge that I alone am responsible for choosing to participate in Energy Therapy and that I do so voluntarily and at my own risk. I hereby release, waive, and discharge Teresa Roulette and The Centre for Energy Therapy from any and all claims, liabilities, or damages that may arise from my participation, whether known or unknown, now or in the future.

By attending the session, I affirm that I have read this disclaimer in full and agree to its terms.