

ENERGY & PERSONAL EXCELLENCE, LLC

**SACHIN J. KARNIK
201 MICHELLE COURT
NEWARK, DE 19711
SMART PHONE: 302-268-4480**

WEBSITES:

www.EnergyAndPersonalExcellence.com

www.CPExcellence.com

www.SachinKarnik.com

E-MAIL: PERSONAL.EXCELLENCE1008@GMAIL.COM

(SEE RESUME FOR EDUCATIONAL AND EXPERIENCE BACKGROUND of SACHIN KARNIK)

"The human mind is perhaps the most mysterious process in existence and uses massive amounts of energy. When this energy stops being wasted through internal/external conflicts that occur due to life circumstances, great conservation and revitalization of this energy occurs. Once this energy starts to flow without inner disturbance, the foundation for personal excellence is set where psychological doorways open into limitless possibilities." Sachin Karnik

DIMENSION # 1: HEALTH & OVERALL FITNESS BASED ON STAGE OF LIFE

DIMENSION # 2: MENTAL STRENGTH DEVELOPMENT & ENHANCEMENT

DIMENSION # 3: EMOTIONAL BALANCE & INTEGRATION

DIMENSION # 4: SOCIAL BALANCE & RELATIONSHIP DEVELOPMENT

DIMENSION # 5: PERSONALITY & CHARACTER DEVELOPMENT

DIMENSION # 6: FAMILY HARMONY & FLOWERING OF LOVE

DIMENSION # 7: INTIMATE RELATIONSHIPS

DIMENSION # 8: FINANCIAL HEALTH & GROWTH

DIMENSION # 9: CAREER-OCCUPATION DEVELOPMENT

DIMENSION # 10: QUALITY OF LIFE DEVELOPMENT & ENHANCEMENT

DIMENSION # 11: RECREATIONAL LIFE DEVELOPMENT & ENHANCEMENT

DIMENSION # 12: SPIRITUAL – RELIGIOUS LIFE DEVELOPMENT & ENHANCEMENT

DEMOGRAPHIC INFORMATION

FIRST NAME:

LAST NAME:

(Name on this form is applicable to all subsequent forms.)

MIDDLE NAME:

DATE OF ENROLLMENT:

E-MAIL ADDRESS:

DATE OF BIRTH:

MALE/FEMALE:

CURRENT ADDRESS:

HOME PHONE:

CELL PHONE:

EMERGENCY CONTACT WITH PHONE NUMBER:

OTHER INFORMATION:

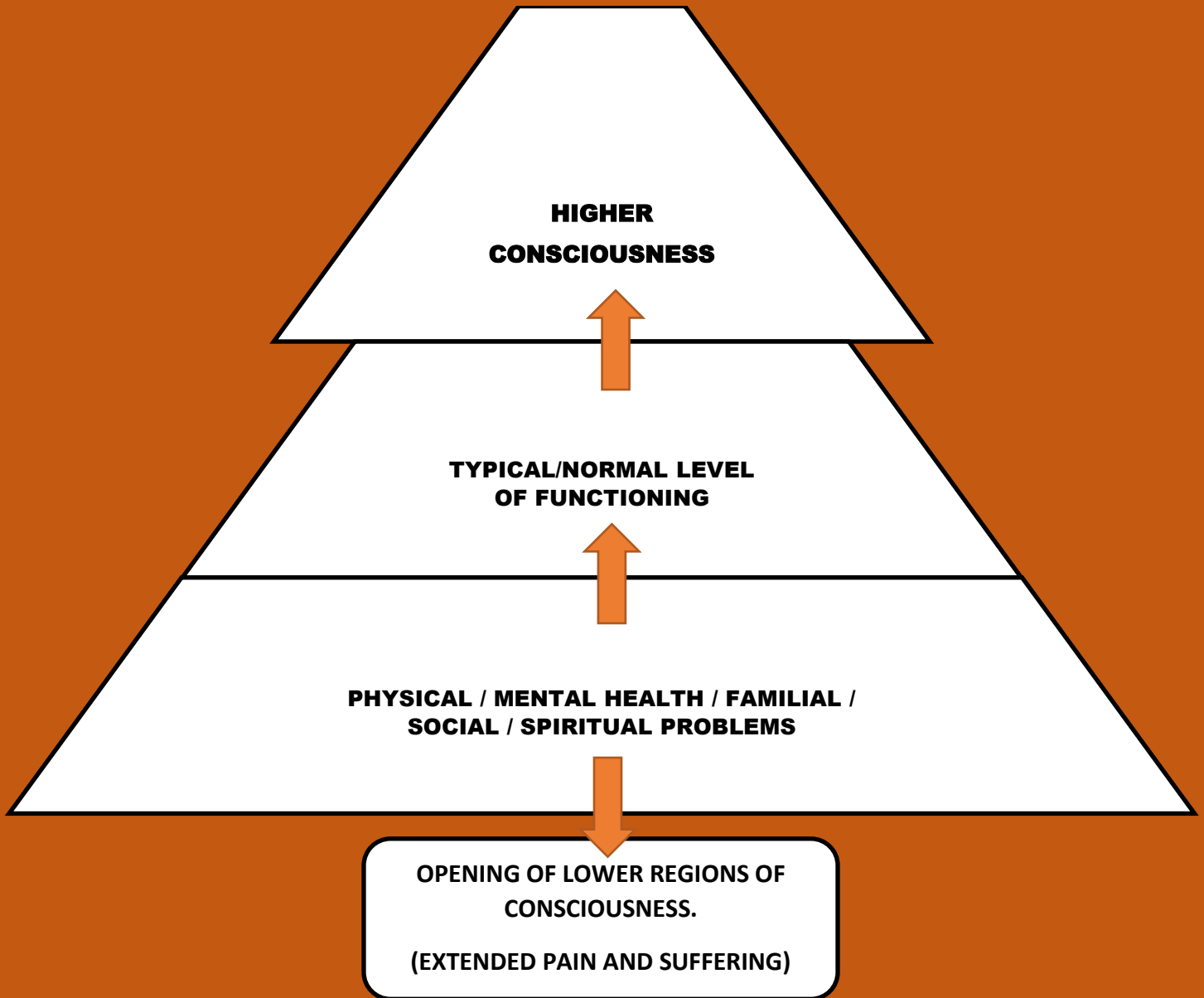
DISTINCTIONS BETWEEN PSYCHOTHERAPY & ENERGY & PERSONAL EXCELLENCE, LLC

PSYCHOTHERAPY	ENERGY & PERSONAL EXCELLENCE, LLC	KEY DIFFERENCE
<ul style="list-style-type: none"> • 1 - Deals with identifiable dysfunctions in a person • 2 - Deals mostly with a person's past and trauma, and seeks healing. via analysis. Helps patients resolve old pain. • 3 - Doctor-patient relationship (The therapist has the answers) • 4 - Assumes emotions are a symptom of something wrong • 5 - The therapist diagnoses, then provides professional expertise and guidelines to provide a path to healing. • 6 - Progress is often slow and painful. 	<ul style="list-style-type: none"> • 1 - Provides foundation and personal growth processes for anyone desiring to reach excellence in life • 2 - Deals mostly with a person's present and seeks to help them design a more desirable future • 3 - Co-creative equal partnership (PDS helps the client discover own answers) • 4 - Encourages transformation of emotions. • 5 - THE PDS stands with the client and helps him or her identify the challenges, then partners to turn challenges into victories, holding client accountable to reach desired goals. • 6 - Growth and progress can be rapid and usually enjoyable. 	<ul style="list-style-type: none"> • 1 - Psychological Time is used to break the bondages of the past. • 2 - Strengths-Based approach. • 3 - Creative Destruction is emphasized. • 4 - Sublimation of emotional energy via EPE integrated approaches. • 5 - Difficulties are seen as opportunities for inner and outward growth. • 6 - Progress occurs via destroying internal and external blocks/obstacles via EPE integrated approaches.

An assessment of 12 dimensions will be made by EPE. If necessary, DSM V diagnostic clinical criteria will be examined as a means of understanding current difficulties. Etiology of problems/difficulties/situations will be examined in detail in the EPE program along with a personalized plan for development into a state of balance and growth into excellence. IF there are physical health and/or mental health problems, EPE principles will be applied to assist with the reduction or elimination of these problems via a "personalized development alliance" between the EPE Participant and the PDS. If there are minimal or no physical health and/or mental health problems, then the specific EPE principles will be applied to enhance personal growth into a state of true harmony, integration, and higher consciousness. It should be noted that there are no formal progress notes, treatment plans, discharge summaries, or other such clinical documentation in the EPE program. A summary of sessions can be provided, upon written request if necessary.

Creation of individualized PPT presentations via PowerPoint as part of online dialogues is standard procedure in the EPE program.

THREE LEVELS OF HUMAN FUNCTIONING



WHAT IS “PERSONAL EXCELLENCE?”

**** HEALTHY FUNCTIONING OF THE PHYSICAL BODY ****

**** HEALTH FUNCTIONING OF ONE’S MIND ****

**** STATE OF COMPLETE BALANCE BETWEEN MIND AND BODY ****

**WITH THE FOUNDATION OF THIS MENTAL AND PHYSICAL BALANCE, FINDING ONE’S PASSION
IN LIFE WITH REGARDS TO 12 DIMENSIONS IN ONE’S LIFE:**

DIMENSION # 1: HEALTH & OVERALL FITNESS BASED ON STAGE OF LIFE

DIMENSION # 2: MENTAL STRENGTH

DIMENSION # 3: EMOTIONAL BALANCE & INTEGRATION

DIMENSION # 4: SOCIAL BALANCE & RELATIONSHIP DEVELOPMENT

DIMENSION # 5: PERSONALITY & CHARACTER DEVELOPMENT

DIMENSION # 6: FAMILY HARMONY & FLOWERING OF LOVE

DIMENSION # 7: INTIMATE RELATIONSHIPS

DIMENSION # 8: FINANCIAL HEALTH & GROWTH

DIMENSION # 9: CAREER-OCCUPATION

DIMENSION # 10: QUALITY OF LIFE DEVELOPMENT & ENHANCEMENT

DIMENSION # 11: RECREATIONAL LIFE

DIMENSION # 12: SPIRITUAL – RELIGIOUS LIFE

CENTRAL CONCEPT OF PERSONAL EXCELLENCE

“The human mind is perhaps the most mysterious process in existence and uses massive amounts of energy. When this energy stops being wasted through internal/external conflicts due to life circumstances, great conservation and revitalization of this energy occurs. Once this energy starts to flow without inner disturbance, the foundation for personal excellence is set where psychological doorways open into limitless possibilities.” - Sachin Karnik

ENERGY ACTIVATION

ENERGY REVITALIZATION

ENERGY TRANSMUTATION

ENERGY CONSERVATION

ENERGY EQUALIZATION

ENERGY & PERSONAL EXCELLENCE, LLC PREVENTION ARM

(THIS SERVICE IS INCLUDED IN THE PER MONTH CHARGE)

ENERGY & PERSONAL EXCELLENCE – PREVENTION ARM has a mission to build healthy individuals through the exploration of the mind, the body, and the spirit starting at the roots in childhood and adolescence and into adulthood. We are focused on prevention by the maintenance of developed assets and the early identification deficiencies in these assets. We are invested in building strong decision-making skills to optimize quality of life.

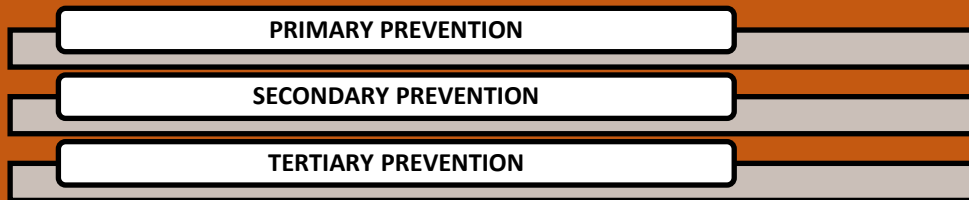
“SETTING BOUNDARIES FOR FREEDOM”



- * Energy Cultivation & Transformation (Meditation Practices)
- * Highest Level of Academic Success Without Internal Distress
- * 40 Assets Development (Internal/External)
- * Eliminate Deficiencies
- * Enhance Strengths

** DETECTION OF POSSIBLE PROBLEMS BEFORE THEY STARTS **
 ** MAINTENANCE AND ENHANCEMENT OF STRENGTHS **
 ** FINDING & STOPPING THE ONSET OF DIFFICULTIES **

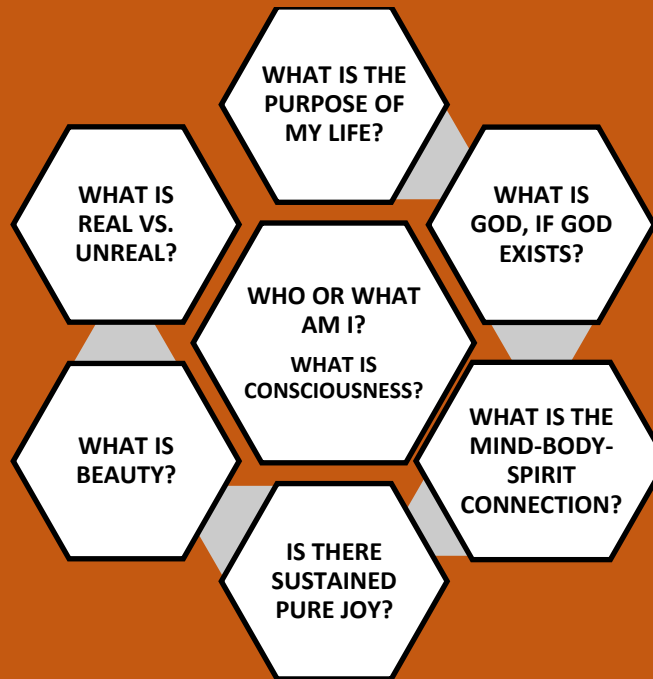
** DEVELOPMENT OF **PREVENTION SHIELD** TO REDUCE THE CHANCE OF HARMFUL BEHAVIORAL PATHS **



ENERGY & PERSONAL EXCELLENCE, LLC
PHILOSOPHICAL EXPLORATION AND INSIGHT
DEVELOPMENT

(THIS SERVICE IS INCLUDED IN THE PER MONTH CHARGE FOR EPE MONTHLY ENROLLEES)

Exploration of Key Philosophical Questions with Practical Applications



Note: Philosophical Exploration & Insight Development Work will be done via online zoom meetings --

ALL EXPLORATORY SESSIONS ARE PERFORMED ONLINE

Philosophical exploration sessions conducted to enhance extraordinary intellectual and contemplative strength (energy)

NOTE: Free initial conversation is offered to determine interests those interested ONLY in philosophical exploration. A monthly fee is agreed upon based on the level of interaction and depth of exploration. Philosophical exploration sessions are available for individuals interested only in philosophical exploration and NOT in the overall EPE program. Please contact EPE for further details. (Phone: 302-268-4480)

-- ENERGY & PERSONAL EXCELLENCE, LLC --

SPIRITUALITY-RELIGIOUS EXPLORATION-MEDITATION & DIALOGUE SESSIONS (Included in monthly fee)

- **Reduce** feelings of *anxiety, stress, and being overwhelmed*
- Get greater **clarity of mind** and **perspective** in life
- Turn off the mental chatter and experience **peace of mind**
- Feel **emotionally well, centered, and happy**.
- Become **more resilient** to challenges in relationships and life
- Be liberated from *fears* and *needless worries*
- Be **less reactive**, less irritable, less triggered
- Be more **empowered** to be yourself and manifest your potential
- Develop the ability to **focus** and **avoid procrastination/distract**ion
- **Accept** yourself, accept others, and accept things you cannot change
- Grow and **awaken** spiritually
- **Possible reduction** of inner distress caused by mental health problems
- **Possible benefits** to physical body due to mental calmness and clarity

** In depth dialogue session: examine aspects of personal life via choiceless awareness dialogue and concept awareness.

** **Mantra meditation** will be conducted upon request. These are Sanskrit Mantras that are thousands of years old that can potentially reduce internal disturbances and provide stability and success in many ways.

*“When your attention moves into the **Now**, there is an alertness. It is as if you were waking up from a dream, the dream of thought, the dream of past and future. Such clarity, such simplicity. No room for problem-making. Just this moment as it is.”*
~Eckhart Tolle

ALL EXPLORATORY SESSIONS ARE PERFORMED ONLINE

A) Nature of spirituality is explored for inner growth

B) Religious traditions are explored for connection with God (based on one's beliefs)

C) Meditations are performed to enhance stability and personal development

Free initial conversation is offered to determine interests. A monthly fee is agreed upon based on the level of interaction and depth of exploration.

NOTE: Free initial conversation is offered to determine interests those interested ONLY in spirituality-religious exploration-&-meditation. A monthly fee is agreed upon based on the level of interaction and depth of exploration. Philosophical exploration sessions are available for individuals interested only in philosophical exploration and NOT in the overall EPE program. Please contact EPE for further details. (Phone: 302-268-4480)

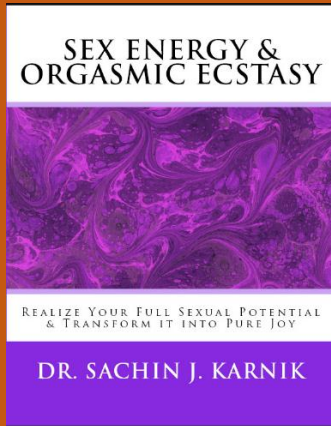
-- ENERGY & PERSONAL EXCELLENCE, LLC --
PUBLICATIONS

EPE also offers contemplative dialogues for the creation of books on a variety of topics related to philosophy, psychology, self-development, medical sciences, and other fields. If participants are interested in creating such books, please contact Sachin Karnik for more information. These books are created using Kindle Direct Publications and can be placed on Amazon for purchase. The charge for creating these books is \$200 per month / project until the project is finished. An agreement is created regarding the timeline and payment amount, based on the nature of the project.

-- ENERGY & PERSONAL EXCELLENCE, LLC --

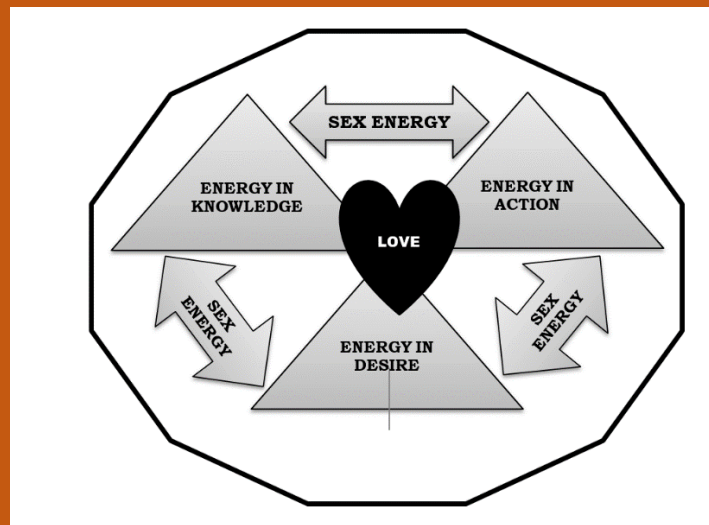
SEX ENERGY TRANSMUTATION (18 Years or older only)

<https://energyandpersonalexcellence.com/sex-energy-book>



During orgasmic states, the disturbances of the mind are significantly reduced or even stopped. This is a glimpse of a permanent state beyond all disturbance. Concentration of sex energy creates orgasmic peaks. Orgasms cannot exist without intense energy. -- Sachin J. Karnik

SEX ENERGY – KNOWLEDGE – ACTION – DESIRE & LOVE



You are pure love. This love exists within the center of your own being where energies combine. The figure above in the previous slide is a dodecagon (12-sided figure) that represents 12 areas of one's life that *will* function in a highly integrated way when energies existing in knowledge, desire, and action combines together. These energies are aspects of one's raw sex energy that can transform and opens the doorway into pure, undiluted love. The 12 areas of one's life are:

- | | |
|----------------------|--------------------|
| 1) Love Relationship | 7) Your Skills |
| 2) Friendships | 8) Spiritual Life |
| 3) Adventures | 9) Career |
| 4) Environment | 10) Creative Life |
| 5) Health & Fitness | 11) Family Life |
| 6) Intellectual Life | 12) Community Life |

For more information about this area, please contact Sachin Karnik at: 302-268-4480.

ENERGY & PERSONAL EXCELLENCE, LLC

LIST OF MODULES

PERSONAL EXCELLENCE (BALANCING 12 DIMENSIONS) (YEARS 1 TO 4)

YEAR # 1

MODULE 1A

**UNDERSTANDING & START OF APPLICATION OF EPE PRACTICES/PRINCIPLES
(FOUNDATIONAL LEVEL – BALANCING ENERGY IN ALL 12 DIMENSIONS)**

YEAR # 2

MODULE 1B

**SUSTAINED APPLICATION OF EPE PRACTICES/PRINCIPLES
(INTERMEDIATE LEVEL – MAINTAINING ENERGETIC BALANCE OF 12 DIMENSIONS)**

YEAR # 3

MODULE 1C

**ENHANCED INTERCONNECTION OF EPE PRACTICES/PRINCIPLES
(ADVANCED LEVEL – ENHANCING ENERGETIC BALANCE OF 12 DIMENSIONS)**

YEAR # 4

MODULE 1D

**STEPPING INTO PERSONAL EXCELLENCE WITH FULL ENERGY INTEGRATION
(EXTRAORDINARY LEVEL – ENTERING INTO A STATE OF PERSONAL EXCELLENCE)**

YEAR # 5 & BEYOND

MODULE 1E

(MAINTENANCE OF EXTRAORDINARY LEVEL – ONGOING ASSESSMENT OF PROGRESSION)

ENERGY & PERSONAL EXCELLENCE, LLC

LIST OF MODULES

MODULE 1: PERSONAL EXCELLENCE (BALANCING 12 DIMENSIONS) (YEARS 1 TO 4)

- MODULE 1A: WHAT IS PERSONAL EXCELLENCE? (FOUNDATIONAL LEVEL) – YEAR # 1
- MODULE 1B: PERSONAL EXCELLENCE (INTERMEDIATE LEVEL) – YEAR # 2
- MODULE 1C: PERSONAL EXCELLENCE (ADVANCED LEVEL) – YEAR # 3
- MODULE 1D: PERSONAL EXCELLENCE (EXTRAORDINARY LEVEL) – YEAR # 4

MODULE 2: PSYCHOLOGICAL TIME & CALENDAR TIME

- MODULE 2A: PSYCHOLOGICAL TIME & CALENDAR TIME (FOUNDATIONAL LEVEL)
- MODULE 2B: PSYCHOLOGICAL TIME & CALENDAR TIME (INTERMEDIATE LEVEL)
- MODULE 2C: PSYCHOLOGICAL TIME & CALENDAR TIME (ADVANCED LEVEL)
- MODULE 2D: PSYCHOLOGICAL TIME & CALENDAR TIME (EXTRAORDINARY LEVEL)

MODULE 3: THE MIND

- MODULE 3A: THE MIND (FOUNDATIONAL LEVEL)
- MODULE 3B: THE MIND (INTERMEDIATE LEVEL)
- MODULE 3C: THE MIND (ADVANCED LEVEL)
- MODULE 3D: THE MIND (EXTRAORDINARY LEVEL)

MODULE 3-1: WHAT IS PLEASURE?

- MODULE 3-1A: WHAT IS PLEASURE?
- MODULE 3-1B: WHAT IS PLEASURE? (INTERMEDIATE LEVEL)
- MODULE 3-1C: WHAT IS PLEASURE? (ADVANCED LEVEL)
- MODULE 3-1D: WHAT IS PLEASURE? (EXTRAORDINARY LEVEL)

MODULE 4: ESTABLISHING BALANCE BETWEEN THE BODY AND THE MIND

- MODULE 4A: ESTABLISHING BALANCE BETWEEN THE BODY AND THE MIND (FOUNDATIONAL LEVEL)
- MODULE 4B: ESTABLISHING BALANCE BETWEEN THE BODY AND THE MIND (INTERMEDIATE LEVEL)
- MODULE 4C: ESTABLISHING BALANCE BETWEEN THE BODY AND THE MIND (ADVANCED LEVEL)
- MODULE 4D: ESTABLISHING BALANCE BETWEEN THE BODY AND THE MIND (EXTRAORDINARY LEVEL)

MODULE 5: POWERFUL PREVENTION

- MODULE 5A: POWERFUL PREVENTION (FOUNDATIONAL LEVEL)
- MODULE 5B: POWERFUL PREVENTION (INTERMEDIATE LEVEL)
- MODULE 5C: POWERFUL PREVENTION (ADVANCED LEVEL)
- MODULE 5D: POWERFUL PREVENTION (EXTRAORDINARY LEVEL)

MODULE 6: MEDITATION

- MODULE 6A: MEDITATION (FOUNDATIONAL LEVEL)
- MODULE 6B: MEDITATION (INTERMEDIATE LEVEL)
- MODULE 6C: MEDITATION (ADVANCED LEVEL)
- MODULE 6D: MEDITATION (EXTRAORDINARY LEVEL)

MODULE 7: FAMILY HARMONY

- MODULE 7A: FAMILY HARMONY (FOUNDATIONAL LEVEL)
- MODULE 7B: FAMILY HARMONY (INTERMEDIATE LEVEL)
- MODULE 7C: FAMILY HARMONY (ADVANCED LEVEL)
- MODULE 7D: FAMILY HARMONY (EXTRAORDINARY LEVEL)

MODULE 8: PHILOSOPHICAL EXPLORATION & INSIGHT DEVELOPMENT

- MODULE 8A: PHILOSOPHICAL EXPLORATION & INSIGHT DEVELOPMENT (FOUNDATIONAL LEVEL)
- MODULE 8B: PHILOSOPHICAL EXPLORATION & INSIGHT DEVELOPMENT (INTERMEDIATE LEVEL)
- MODULE 8C: PHILOSOPHICAL EXPLORATION & INSIGHT DEVELOPMENT (ADVANCED LEVEL)
- MODULE 8D: PHILOSOPHICAL EXPLORATION & INSIGHT DEVELOPMENT (EXTRAORDINARY LEVEL)

MODULE 9: RELIGIOUS EXPLORATION AND DEVELOPMENT

- MODULE 9A: RELIGIOUS EXPLORATION AND DEVELOPMENT (FOUNDATIONAL LEVEL)
- MODULE 9B: RELIGIOUS EXPLORATION AND DEVELOPMENT (INTERMEDIATE LEVEL)
- MODULE 9C: RELIGIOUS EXPLORATION AND DEVELOPMENT (ADVANCED LEVEL)
- MODULE 9D: RELIGIOUS EXPLORATION AND DEVELOPMENT (EXTRAORDINARY LEVEL)

MODULE 10: ENERGY BALANCING, ENERGY AWAKENING, & ENERGY TRANSMUTATION

- MODULE 10A: ENERGY BALANCING, ENERGY AWAKENING, & ENERGY TRANSMUTATION (FOUNDATIONAL LEVEL)
- MODULE 10B: ENERGY BALANCING, ENERGY AWAKENING, & ENERGY TRANSMUTATION (INTERMEDIATE LEVEL)
- MODULE 10C: ENERGY BALANCING, ENERGY AWAKENING, & ENERGY TRANSMUTATION (ADVANCED LEVEL)
- MODULE 10D: ENERGY BALANCING, ENERGY AWAKENING, & ENERGY TRANSMUTATION (EXTRAORDINARY LEVEL)

MODULE 11: SEX ENERGY & ORGASMIC ECSTASY

- MODULE 11A: SEX ENERGY & ORGASMIC ECSTASY (FOUNDATIONAL LEVEL)
- MODULE 11B: SEX ENERGY & ORGASMIC ECSTASY (INTERMEDIATE LEVEL)
- MODULE 11C: SEX ENERGY & ORGASMIC ECSTASY (ADVANCED LEVEL)
- MODULE 11D: SEX ENERGY & ORGASMIC ECSTASY (EXTRAORDINARY LEVEL)

MODULE 12: IDENTITY FORMATION & IDENTITY HEALTH

- MODULE 12A: IDENTITY FORMATION & IDENTITY HEALTH (FOUNDATIONAL LEVEL)
- MODULE 12B: IDENTITY FORMATION & IDENTITY HEALTH (INTERMEDIATE LEVEL)
- MODULE 12C: IDENTITY FORMATION & IDENTITY HEALTH (ADVANCED LEVEL)
- MODULE 12D: IDENTITY FORMATION & IDENTITY HEALTH (EXTRAORDINARY LEVEL)

MODULE 13: RECREATIONAL DRUG USE, HARM REDUCTION, VS. ADDICTION

- MODULE 13A: RECREATIONAL DRUG USE, HARM REDUCTION, VS. ADDICTION (FOUNDATIONAL LEVEL)
- MODULE 13B: RECREATIONAL DRUG USE, HARM REDUCTION, VS. ADDICTION (INTERMEDIATE LEVEL)
- MODULE 13C: RECREATIONAL DRUG USE, HARM REDUCTION, VS. ADDICTION (ADVANCED LEVEL)
- MODULE 13D: RECREATIONAL DRUG USE, HARM REDUCTION, VS. ADDICTION (EXTRAORDINARY LEVEL)

MODULE 14: SOCIAL GAMBLING, PROFESSIONAL GAMBLING, VS. GAMBLING ADDICTION

- MODULE 14A: SOCIAL GAMBLING, PROFESSIONAL GAMBLING, VS. GAMBLING ADDICTION (FOUNDATIONAL LEVEL)
- MODULE 14B: SOCIAL GAMBLING, PROFESSIONAL GAMBLING, VS. GAMBLING ADDICTION (INTERMEDIATE LEVEL)
- MODULE 14C: SOCIAL GAMBLING, PROFESSIONAL GAMBLING, VS. GAMBLING ADDICTION (ADVANCED LEVEL)
- MODULE 14D: SOCIAL GAMBLING, PROFESSIONAL GAMBLING, VS. GAMBLING ADDICTION (EXTRAORDINARY LEVEL)

MODULES 15-23: EDUCATIONAL GROWTH

- MODULE 15A: EDUCATIONAL GROWTH – ELEMENTARY SCHOOL (FOUNDATIONAL LEVEL – INTERMEDIATE LEVEL – ADVANCED LEVEL – EXTRAORDINARY LEVEL)
- MODULE 16A: EDUCATIONAL GROWTH – MIDDLE SCHOOL (FOUNDATIONAL LEVEL – INTERMEDIATE LEVEL – ADVANCED LEVEL – EXTRAORDINARY LEVEL)
- MODULE 17A: EDUCATIONAL GROWTH – HIGH SCHOOL (FOUNDATIONAL LEVEL – INTERMEDIATE LEVEL – ADVANCED LEVEL – EXTRAORDINARY LEVEL)
- MODULE 18A: EDUCATIONAL GROWTH – CERTIFICATIONS (FOUNDATIONAL LEVEL – INTERMEDIATE LEVEL – ADVANCED LEVEL – EXTRAORDINARY LEVEL)
- MODULE 19A: EDUCATIONAL GROWTH – BACHELOR’S LEVEL (FOUNDATIONAL LEVEL – INTERMEDIATE LEVEL – ADVANCED LEVEL – EXTRAORDINARY LEVEL)
- MODULE 20A: EDUCATIONAL GROWTH – MASTER’S LEVEL (FOUNDATIONAL LEVEL – INTERMEDIATE LEVEL – ADVANCED LEVEL – EXTRAORDINARY LEVEL)
- MODULE 21A: EDUCATIONAL GROWTH – DOCTORAL LEVEL (FOUNDATIONAL LEVEL – INTERMEDIATE LEVEL – ADVANCED LEVEL – EXTRAORDINARY LEVEL)
- MODULE 22A: OCCUPATIONAL DEVELOPMENT (FOUNDATIONAL LEVEL – INTERMEDIATE LEVEL – ADVANCED LEVEL – EXTRAORDINARY LEVEL)
- MODULE 23A: CONTINUING EDUCATION (CEUs, etc.) (FOUNDATIONAL LEVEL – INTERMEDIATE LEVEL – ADVANCED LEVEL – EXTRAORDINARY LEVEL)

SACHIN J. KARNIK
201 Michelle Court
Newark, DE 19711
302-268-4480 (Smart Phone)
E-mail: personal.excellence1008@gmail.com

Education:

9/02 – 5/04

HARTFORD UNIVERSITY

- Doctor of Philosophy in Social Work (Ph.D.)
- Dissertation topic: An Analysis of The Psychosocial Phenomenon of Identity Formation in Adolescence in the Context of Acculturation and Bi-Cultural Adaptation with DSM IV Diagnostic Determinants
- GPA: 3.72 (Courses transferred from University of Tennessee).

(This degree is shown on resume as per legal counsel. Please see note on last page.)

8/94 – 05/00

UNIVERSITY OF TENNESSEE (KNOXVILLE)

- Completed All-But-Dissertation (ABD) for the Ph.D. in social work.
- Completed all required coursework and qualifying examination in 1996.
- Completed Doctoral Comprehensive Examination in 1998.
- Completed Doctoral Research Proposal in 1998.
- Admission to Ph.D. Candidacy in 1998.
- Dissertation Research topic: An Analysis of The Psychosocial Phenomenon of Identity Formation in Adolescence in the Context of Acculturation and Bi-Cultural Adaptation.
- GPA: 3.58

1992 – 1994

DELAWARE STATE UNIVERSITY

- Master of Social Work (MSW)
- Concentration: Advanced Generalist Practice
- Specialization: Advanced Practice with Families and Children
- GPA: 3.86

1988 – 1992

UNIVERSITY OF THE STATE OF NEW YORK

- Bachelor of Arts in Liberal Studies
- Depths in Philosophy, Chemistry, and Biological Studies
(Courses transferred from University of Delaware)

Past Licensures:

- **LCSW** (Licensed Clinical Social Worker) on 2-28-05 – 2-28-18.
(Please see DPR website & YouTube videos for details)
- **LCDP** (Licensed Chemical Dependency Professional) 8-26-16 – 2-28-18.
(Please see DPR website & YouTube videos for details)

Past Certifications:

- **CPS** – Certified Prevention Specialist – 4-18-11 to 2-28-18.
- **ICPS** – Internationally Certified Prevention Specialist – 4-18-11 - 2-28-18.

“The CPS and ICPS certifications are for the professional who facilitates and promotes positive growth in self, specific populations (i.e. groups at risk developing drug and alcohol problems), and the community at large. This professional uses specific knowledge and skills to design, implement and evaluate programs aimed at precluding or reducing problems caused by the use of alcohol and other drugs. This is an international credential that is recognized throughout the world via reciprocity.” – written by: **Delaware Certification Board**

- **ICGC-II** – Nationally Certified Gambling Counselor – Level II on 5-20-15.
- **BACC** – Board Approved Clinical Consultant in January 2017.

Past Memberships:

- Member of NAADAC (National Association for Addiction Professionals)
- Member of DAADAC (Delaware Association for Addiction Professionals)
- Member of NCPG (National Council on Problem Gambling)
- Member of ASHA (American School Health Association)
- Member of SPF-SIG (State Prevention Framework-State Grant Initiative)
- Member of NASW (National Association of Social Workers)
- Member of DPAC (Delaware Prevention Action Committee)
- Member of the following coalitions:
 - Family Resource Coalition
 - Suicide Prevention Coalition
 - Safe & Drug Free Schools Coalition
 - Reentry Coalition
 - DDATA – (School of Drug/Alcohol Studies at University of Delaware)

Experience:

3-1-18 to present

ENERGY & PERSONAL EXCELLENCE, LLC (Newark, DE)

- Energy Enhancement / Personal Excellence Development – Development of innovative and highly integrated program of self-development into a state of personal excellence for adolescents, young adults, and adults, and senior populations. Key concept of this program is as follows: *“The human mind is perhaps the most mysterious process in existence and uses massive amounts of energy. When this energy stops being wasted through internal/external conflicts due to life circumstances, great conservation and revitalization of this energy occurs. Once this energy starts to flow without inner disturbance, the foundation for personal excellence is set where psychological doorways open into limitless possibilities.”* Go to: www.EnergyAndPersonalExcellence.com
- Completion of 35-page initial self-assessment form in MS Word or via handwritten forms -- Prevention, Meditation, Powerful Interventions, & Energy Awakening -- Systematic Tracking of 12 Major Areas of Life -- Stage of Life Assessment & Goal Achievement -- Bio-Psycho-Social & Spiritual Development -- Philosophical Exploration & Insight Development -- Creation of a Prevention Shield for Children, Adolescents, and Adults -- Regular Tracking of Progress via Online Portal -- Thousands of Videos, Audios, and Self-Development Worksheets Utilized -- Regular Communication on Level of Progress via voice memos -- Full family structure and relationship enhancement processes -- Exploration of processes from lower consciousness to higher consciousness

7-1-14 to 3-1-18

PSYCHOTHERAPEUTIC MEDITATION CENTER, LLC. (Newark, DE)

- Private Practice – Perform individual, family and group therapy with a diverse population.
- Provide treatment for diverse clinical problems including: depression, anxiety, childhood disorders (ADHD), ATOD, mood disorders (bipolar), adjustment disorders, PTSD, acculturation problems, gambling, etc.
- Credentialed with the following insurance panels:
 - Medicaid (United Healthcare & Highmark Medicaid)

- Medicare, Aetna, Cigna, ComPsych
- Highmark DE, BCBS – nationwide
- Delaware Council on Gambling Problems (treatment provider)

09/07-2/18

DELAWARE COUNCIL ON GAMBLING PROBLEMS, INC. (Wilmington, DE)

- Director of Prevention and Criminal Justice – In charge of developing and overseeing various prevention programs & projects throughout the state of Delaware in the context of gambling addiction. Work closely with Department of Education, University of Delaware researchers, wellness centers, colleges, Delaware prison system, etc. to enhance universal, selective, & indicated prevention. Provide full-day (6 hour) workshops on gambling addiction, treatment of addictions, 12-step recovery process, and utilization of a multi-systemic approach to prevention and treatment of co-occurring disorders. Also, give presentations to diverse recovery groups throughout the state of Delaware on relapse prevention strategies.
- In charge of supervision of the prevention team, as follows:
 - Director of Prevention for Youth
 - Director of Downstate Outreach Services
 - Three outreach contractors (January, 2012 - Present)
 - One contractor for “Criminal Justice” (July 1st, 2013 – Present)
 - Five MSW Students from Delaware State University (January 2013 – Present)
- Creation of a 5-year Logic Model for the entire “Youth Prevention Program” for this agency.
- Developed 5 week relapse prevention psycho-educational groups for inmates in HRYCI (Gander Hill Prison) and SCI (Sussex Correctional Institute). Developed pre-test / post-tests to measure effectiveness. Created the “Psychological Prison of Addictions” flow diagram to assist individuals recovering from addictions. Conceptualized and wrote a grant proposal to the Criminal Justice Council in an attempt to obtain “Byrne Grant” grant money to fund for on-going relapse prevention psycho-educational activities to take place in three Delaware prisons. Also, regularly conduct psycho-educational groups at WBCI (women’s prison), Gander Hill Prison (HRYCI), SCI, CREST program, Sojourner’s place, Horizon House, and other agencies and programs.
- In charge of “National Problems Gambling Awareness Week” (NPGAW) activities for the state of Delaware. (2007-2011) These are diverse outreach, prevention, educational, media, and policy related activities aimed at raising awareness at the micro, mezzo, and macro levels as conceptualized by the “person-in-environment” framework. As part of NPGAW activities, gave TV and radio interviews throughout the State of Delaware on nature of prevention & treatment of addictions.
- Sit on the following committees: Safe and Drug Free Schools, Building Bridges Coalition, Delaware Data Tracking Group, NIATx-COSIG Change Leader Group, & NCCICCF group. Also, obtained specialized training for the “55 Standards Seal of Excellence for Non-Profit Organizations.” Coordinate with DCGP Board members to ensure that within the next 1 year, DCGP meets all “55 standards” and obtains the Seal of Excellence.
- Conduct ongoing clinical case reviews for 15 therapists who conduct treatment for gambling addiction. Cases are reviewed thoroughly and specific etiological, diagnostic, and treatment issues are examined in great detail with the 15 therapists who are NCGC (Nationally Certified Gambling Counselors). Review clinical documentation, as requested by Treatment Program Director, to ensure compliance with DSAMH standards.
- Ensure that all documentation in the official DCGP client records meets well-defined standards as outlined by DSAMH (Division of Substance Abuse & Mental Health) and NASW / APA standards for ethics. Member of the “Documentation Revision Committee” that revised all DCGP clinical documentation in the year 2010. Also, organized a specialized workshop on “Treatment Planning” conducted by Dr. Mee-Lee to ensure that DCGP treatment providers (clinicians) are up to date on treatment planning for pathological gambling.

- Presented in Washington DC regarding nature of gambling addiction to advocate for House Bill (HB) 2906 & Senate Bill (SB) 3418: Comprehensive Problem Gambling Act. This bill, if passed, will provide national funding for problem gambling services.
- Performed extensive conceptualization and writing of three RFPs (Request for Proposal) for three DSAMH (Division of Substance Abuse and Mental Health) contracts regarding gambling addiction and treatment. These three RFPs were submitted by DCGP on June 13th, 2011. **DSAMH awarded a 5-year contract to DCGP in the amount of \$1.3 million / year to provide prevention programming and treatment services throughout the state of Delaware for 5 years (\$6 Million Total).** This funding is specifically aimed at the prevention of pathological gambling and the treatment for gambling addiction and related problems.
- Presentation given to Field Supervisors at Delaware State University on Gambling Addiction (January 2012).
- Filed Placement Supervisor: Supervise and train two students from Delaware State University, MSW Graduate Program, in the area of addiction, prevention, and treatment processes.
- (See attached list of “Accomplishments at DCGP” for further details).

09/05 – 07/06

DELAWARE STATE UNIVERSITY (Wilmington & Dover, DE)

09/11-Present

• Adjunct Professor – Charged with teaching the following master’s level courses in the Social Work Department:

- **Theories of Personality and Psychopathology**

- Teach a “strengths-based” approach in understanding the etiology, diagnosis, and treatment of DSM-IV & V disorders in the context of minority issues such as: oppression, blaming the victim, over diagnosis, etc. Accuracy of diagnosis is taught to students in an attempt to prevent inaccurate and unnecessary “labeling” of clients.
- Integrate students’ field practicum experience with key concepts of psychopathology.
- Teach clinical assessment, treatment planning, and therapeutic techniques to attenuate multi-axial problems.
- Utilize role plays in class as a teaching tool.

- **Research and Evaluation Methods - I**

- Teach the following topic areas:
 - Evidence-based Practice and Process
 - Ethical Context of Social Work Research
 - Problem Formulation & Measurement
 - Designs for Evaluating Programs
 - Data Collection Methods
 - Quantitative / Qualitative Research Methods
- Coordinate with IRB Board with regards to student research projects.
- Utilize traditional and innovative teaching strategies, such as Understanding by Design, to facilitate enhanced learning among students.

- **Research and Evaluation Methods - II**

- Teach inferential and descriptive statistics for social workers.
- Coordinate with IRB Board with regards to student research projects.

- Utilize traditional and innovative teaching strategies, such as Understanding by Design, to facilitate enhanced learning among students.
- **Human Behavior in the Social Environment (HBSE)**
 - Utilize an interactive approach to cross-connecting bio-psychosocial developmental challenges across the lifespan.
 - Creativity, critical thinking, and the person-in-environment perspective are emphasized.
- **Group Social Work**
 - Dynamics of group processes are taught in detail using workbooks, videos, and role plays.
 - Emphasis placed on evidence-based approaches and techniques in conducting group social work.
- **Guest lecturer in various social work classes** (i.e. Advanced Generalist Practice, Social Welfare Policy).

9/16 – 08/17

BRANDYWINE COUNSELING & COMMUNITY SERVICES -----(Wilmington, DE)

- Psychotherapist – Treatment of 150 Medicare clients with opiate addiction.

Responsibilities included:

- 1) Perform psychotherapy for clients who have are on Medication-Assisted-Treatment.
- 2) Develop detailed treatment plans based on overall clinical situation.
- 3) Coordinate with medical staff regarding connection between psychotherapy, nursing, and physiological effects of medications.
- 4) Give workshops and seminars to clients and staff regarding co-occurring disorders.

9/12 – 12/13

National Association of Social Workers (NASW-DE) (Wilmington, DE)

- Workshop Presenter – Developed and presented 15 (3 hour) workshops

(3 hours each) on the following topics:

- 5) Psychosocial Processes in Addicts & the Relationship to Criminal Activity: An Examination of Major Models of Crime & Decision-Making Processes – Parts 1 & 2
- 6) Clinical Documentation: Writing Effective Assessments, Treatment Plans, Progress Notes, and Discharge Summaries – Parts 1 & 2
- 7) Understanding and Utilizing the DSM IV & V Technical Terms in Clinical Assessments and Treatment Planning – Parts 1 & 2
- 8) Breaking out of the Psychological Prison of Addiction: A Journey into Pure Awareness and Mindfulness
- 9) Understanding Evidence Based Practice: Implications for Clinicians, Supervisors, and Administrators in Social Service Agencies
- 10) Understanding the Sexual Response Cycle and its Relationship to Sex Addiction
- 11) Etiology, Diagnosis, and Treatment of ADHD, ODD, & Conduct Disorder
- 12) Development of a Therapeutic Alliance
- 13) Etiology, Diagnosis, and Treatment of Major Depression and Bipolar Disorder
- 14) Understanding Adolescent Identity Formation: Implications for Clinicians and Parents
- 15) “Similarities and Differences between DSM IV TR and DSM V: Part 1”

This workshop examined the major changes that have occurred from DSM IV TR to DSM V. (Parts 1 & 2)

- 16) Identification and Treatment of Mal-Adaptive Defense Mechanisms in Clinical Practice – Parts 1 & 2
- 17) Examining the Helping Process in Social Work Intervention: Exploration, Engagement, Assessment, Planning, Implementation, Goal Attainment, and Termination. (Parts 1 & 2)
- 18) Enhancing Communication with Clients: Empathy and Authenticity in Clinical Practice
- 19) From Powerlessness to Direct Contact with the Higher Power: Identification of Obstacles & Their Resolution in Moving Through the 12 Step Recovery Process

3/05 – 07/06

COMPREHENSIVE COUNSELING SERVICES, INC. (Wilmington, DE)

- Private Practice – Perform individual, family and group therapy with a diverse population.
- Provide treatment for diverse clinical problems including: depression, anxiety, childhood disorders (ADHD), mood disorders (bipolar), adjustment disorders, PTSD, acculturation problems, gambling, etc.
- Credentialed with the following insurance panels:
 - Medicaid (Delaware Physician’s care Inc., Diamond State Partners)
 - Medicare & Tri-Care (Military Insurance)
 - Cigna Behavioral Health & Devon
 - Blue Cross Blue Shield of Delaware, ComPsych, & EAP Services
 - United Healthcare, Cigna Behavioral Health, & MAMSI

3/05 – 07/06

CHRISTIANA COUNSELING & PSYCHIATRIC ASSOCIATES (Wilmington, DE)

- Clinician – Charged with the following duties:
- Perform individual, family, and group therapy for a diverse population.
- Utilization of a multi-systemic and cognitive-behavioral approach to the treatment of psychosocial problems.

06/98 – 3/02

DIAKON (BRANDYWINE PROGRAM – CRISIS SERVICES) (Wilmington, DE)

10/02 – 02/06

Crisis Therapist – Charged with the following duties:

- (Interim clinical supervisor supervising 8 therapists and 2nd shift supervisor. Performed all duties of the clinical supervisor including team building, case reviews, JACHO accreditation, and providing clinical guidance to therapists.)
- Performed individual and family therapy (including case management) for a diverse client population with emphasis on adolescents in coordination with DCMHS, schooling, and other mental health systems.
- Performed mental health assessments leading to crisis-response and crisis intervention phases of treatment with the development of a systematic treatment plan for various DSM IV - TR diagnosed disorders.
- Performed various therapeutic interventions with adolescents admitted to the Terry Center Crisis Bed Unit and coordinate intensive interventions with the Terry Center Staff.
- Assisted administration in the training of new therapists.
- Chairperson of the Documentation Committee.
- Member of DCMHS administrative team that was developed for the re-conceptualization and reorganization of Terry Center’s role and Brandywine Program’s role in crisis services.
- Field Supervisor of one student from Delaware State University (2005).

3/02 – 10/02

DELAWARE GUIDANCE SERVICES (Dover, DE)

Clinical Coordinator – Charged with the following duties:

- Supervised the ACT NOW crisis team (Dover) in providing crisis services for all children under the age of 18 for Kent county and southern New Castle County.
- Coordinated all active cases with DCMHS, ACT NOW in Lewes, and other agencies to ensure adequate treatment for clients.
- Coordinated with other mental health or related programs to ensure that continuity of care for all clients occurs in a clinically and therapeutically beneficial manner.
- Restructured the internal processes of the ACT NOW crisis team (Dover) to better facilitate scheduling of staff in the context of a 24 hour crisis response program.
- Evaluated all crisis therapists' assessments and interventions by direct supervision during sessions and by examination of all documentation to ensure that all clinical documentation is in conformation with JACHO standards and DCMHS standards.

9/94 – 5/98

UNIVERSITY OF TENNESSEE (Knoxville, TN)

Graduate / Teaching Research Assistantship – Duties include:

- Collected data for NIMH research projects.
- In charge of the Department of Social Work computer lab.
- Performed various research-related activities for professors.
- Responsible for teaching “Counseling Principles and Practices” and “Principles of Clinical Social Work” in the undergraduate program.

9/93 – 6/94

FAMILY SERVICES OF CECIL COUNTY (Elkton, MD)

Social Work Internship (Therapist) – Charged with the following duties:

- Performed individual, family and group counseling/therapy.
- Issues of clinical focus: depression, parent-teen conflicts, marriage counseling, grief and loss, child abuse, suicidal feelings, children's problems in school, anxiety, etc.
- Provided counseling to clients in the Employee Assistance Program.
- Performed case management and developed a parent-teen group.

9/92 – 6/93

DELAWARE CURATIVE WORKSHOP (Wilmington, DE)

Social Work Internship – Charged with the following duties:

- Performed intake of clients with home visits.
- Conducted group and individual counseling for a diverse client population.
- Determined options in enhancement of social functioning of clients.
- Provided counseling to parents of disabled/delayed children.

(SEE NEXT PAGE)

Conferences / Training: (Attended over 450 conferences & trainings in mental health & addictions in 2006-2017) - (List is extensive and available upon request.)

- Presentations:**
- Over 400 presentations given on gambling addiction, suicide, conflict resolution, DSM IV Disorders, effects of stress, d/a abuse, child abuse, etc. at various organizations/facilities to individuals recovering from co-occurring disorders, drug & alcohol addictions, gambling addictions, and cross-addictions. Recently, a presentation was given to 20 JP Court Judges regarding the nature of addiction, criminal psychology in relation to relapse prevention, and need for treatment for those who have committed crimes due to the disease of addiction.
 - NASW: 15 different workshops have been given to social workers on a variety of topics.
 - Full-day (6 hour workshop) on: “The A to Z of Gambling Addiction: Fun Vs. Pathology” has been given 15 times within the past 3 years.
 - Full-day (6 hour workshop) on “Understanding Defense Mechanisms in Gambling and Other Addictions” has been given 6 times within the past 3 years.
 - Various presentations on assimilation and acculturation given throughout the USA to various immigrant groups from India.
 - “State of Mental Health in the United States” – Presentation given at the B.M. Institute of Mental Health in Ahmedabad, India (2002).

- Publications:**
- The following article has been published in *International Social Work*: “The Law of Karma and Social Work Considerations in India.” – (1995)
 - The following article will be published in *Black Sociology: Contemporary Issues and Future Trends* (Ashgate Publishing Company): “The Psychosocial Impact of Parental Incarceration on Children and their Caregivers.” (S. Karnik is the 2nd author of this article – 2014)
 - The following original books have been published in 2011:
 - “Windows into Reality”(Available on: Amazon.com)
 - “Vocabulary Builder # 1: Power Words with Special Exercises To Increase Teen Brain Power !!”
 - Vocabulary Builder # 2: Our Emotions
 - The following compilations have been published in 2012 via Pedia Press:
 - An Overview of the Nature of Gambling Addiction (1000 pages)
 - Dimensions of Human Sexuality (1150 pages)
 - 30 Selected Articles on Decision-Making Processes
 - Overview of Meditation
 - Fundamentals of Western & Eastern Spirituality
 - *Sex Energy and Orgasmic Ecstasy*, published in January 2018. This book is 201 pages and covers an array of topics regarding human sexuality. Nature of energy transmutation is discussed in context of relationships and overall movement of energy within the body.

- Interests / Hobbies:**
- Interest in studying spiritual traditions.
 - Tennis, chess, bowling, magic tricks, and play 4 Indian musical instruments.

- References:**
- Extensive list is available upon request.

Note about Ph.D. degree:

Please note that Hartford University transferred 80 % of my coursework + qualifying exam, etc., from University of Tennessee (Knoxville) and the dissertation was completed at Hartford University. When I enrolled at Hartford University, the university stated that it would allow me to complete my dissertation after 2-year minimum mandatory enrollment for taking the remaining 20% of the classes and completion of dissertation. At the time of enrollment, Hartford University was accredited by the United States Council on Distance Education and may not be accredited by the US-DOE. This online university is no longer in operation and no official transcript is available since its closure in 2007. I can provide copies of my diploma, transcripts, coursework, and my dissertation that I have via Hartford University. Also, since its closure, Hartford University has been listed on several internet websites as an “unconventional college.” The fact is that my dissertation was accepted and completed and, upon request, is available for your review. Please note that 80% of my doctoral work was completed at the University of Tennessee (Knoxville). Please also note...up on advice and direction of legal counsel, the Ph.D. degree has been placed on this resume for the purpose of demonstrating the work completed (especially, the dissertation). Given the controversial nature of the organization giving the degree, the credential of Ph.D. is not being used by Sachin J. Karnik. Please also note that when this Ph.D. degree was awarded, online programs were new and the Council on Social Work Education did not give accreditation to doctoral programs in social work. To date, the CSWE still does not give accreditation to doctoral programs in social work. It should be noted and emphasized that the Ph.D. degree is shown on the resume to reflect all the work done in obtaining this degree. Although legally I am allowed to utilize this Ph.D. degree, I have decided not to add the Ph.D. title after my name or any other degree title given the fact that my new program (Energy & Personal Excellence, LLC) incorporates aspects of meditation and psychospiritual development that transcends all my past credentials, although still utilize the knowledge base associated with these credentials and training.)

Please contact Sachin J. Karnik if there are further questions about the Ph.D. degree. Also, official transcripts are available from all the other universities listed on my resume. If you should have any questions, please contact me. – Sachin Karnik

BACKGROUND INFORMATION ABOUT SACHIN KARNIK

Sachin Karnik is originally from India and came to the United States at the age of 8. He speaks 5 languages and has 25 years of experience as a psychotherapist and researcher. He has a Ph.D. in Social Work. He was a Licensed Clinical Social Worker (LCSW), Licensed Chemical Dependency Professional (LCDP) and Certified Advanced Drug & Alcohol Counselor, Internationally Certified Gambling Counselor – II (ICGC-II), Board Certified Clinical Consultant (BACC), and a Certified Prevention Specialist (CPS). Sachin Karnik has now has dedicated himself to introducing powerful meditations, prevention programs, and development of personal excellence to the public. He also has extensive study of Eastern and Western religious / spiritual traditions. Sachin Karnik provides confidential personal consultations that can provide a great foundation for progress in one’s life with regards to the conservation and transmutation of energy.

Please also note that there is information about Sachin Karnik on the internet. Please watch the relevant YouTube videos for further details. You will be sent additional details about this in a summary sheet and as an audio file, upon request. (Please visit: SachinKarnik.com for further details)

ENERGY & PERSONAL EXCELLENCE, LLC

Sachin J. Karnik

201 MICHELLE COURT, NEWARK, DE 19711

PHONE: 302-268-4480

E-Mail: Personal.Excellence1008@gmail.com

DISCLAIMER & ENROLLMENT AGREEMENT

I, the undersigned, clearly understand the “Energy & Personal Excellence, LLC (EPE)” (including the owner, employees and/or contractors of EPE) **DOES NOT** provide and/or perform (A & B):

- A) Supervision of students enrolled in social work programs or other psychotherapy degree programs.
- B) Clinical social work, where “clinical social work” shall mean the application of social work theory and methods, which may include the person-in-environment perspective, **to the assessment, diagnosis, prevention and treatment of biopsychosocial dysfunction, disability and impairment, including mental and emotional disorders, developmental disabilities and substance abuse. The application of social work method and theory includes, but is not restricted to, assessment (excluding administration of the psychological tests which are reserved exclusively for use by licensed psychologists pursuant to Chapter 35 of this title), diagnosis, treatment planning and psychotherapy with individuals, couples, families and groups, case management, advocacy, crisis intervention and supervision of and consultation about clinical social work practice.** 24 Del. C. § 3902(2).

I also understanding that EPE’s programming (i.e. Prevention, Meditation, Philosophical Exploration & Insight Development, Exploratory Dialogues, and Education) are **NOT** clinical in nature as conceptualized in the medial sciences, psychological disciplines, clinical social work, and other mental health / addiction disciplines. Also, I agree to enter the EPE voluntarily. I understand that entering into this program is **NOT** considered psychotherapy and this program is **NOT** for court-ordered treatment or other such treatment as required by law. I also understand that any/all educational materials given to me are **NOT** used by the EPE for formal assessment, medical/psychiatric/psychological diagnosis of any condition. I understand that I will consult, as needed and as determined by me, medical/psychiatric and/or other professionals for formal assessment, diagnosis, and/or treatment of any medical or mental health conditions, if applicable.

The “Meditation” arm of the EPE has been explained to me by a “Personal Development Facilitator.” I also agree to explain in detail my experiences in meditation. If I feel any discomfort or dislike for any of the meditations, I agree to inform my “Personal Development Facilitator” during/after meditations sessions.

I have been given an overview of the EPE program and am agreeing to enroll as a participant by giving my verbal acknowledgement (online via Zoom).

NAME:

VERBAL ACKNOWLEDGEMENT VIA ZOOM:

DATE OF ENROLLMENT:

PARTICIPATION CONSENT FORM (TWO CONSULTATIONS / FREE TRIAL)

I freely and voluntarily agree to participate in programming available through ***“Energy & Personal Excellence, LLC.”*** I understand that the 1st two sessions are free of charge, and will, to the best of my ability, stay in close contact with my ***“personal development facilitator (PDF)”*** of the EPE. I clearly understand that the role of the PDS is **NOT** to provide any specific medial and/or psychological diagnosis and/or treatment given that the EPE is not a treatment program for medical and/or mental health problems. If treatment is recommended or required, I agree to consider obtaining such treatment via my medical doctors and/or other licensed professionals and keep my PDS updated as to my status with medications and/or other treatment provided, if I choose to do so.

I understand that, by providing verbal agreement (recorded via Zoom), all my information provided will be kept totally confidential. No information will be released to anyone without my written consent on the EPE Release of Information Form. I understand that, upon request, I agree to receive PDF copies of materials specifically related only to me that will be encrypted with a password.

To the extent that I wish, I agree to disclose, explore, and discuss aspects of my life, **confidentially**, with my PDS for excellent progress in my life. I agree to participate in EPE programs, as described from pages 1 to 23 and deemed appropriate, provided by the EPE. I have understood that the following will be provided by the EPE:

- ***Weekly online sessions***
- ***Initial Self-Assessment: Completion of 35-page form in MS Word or via handwritten forms***
- ***Prevention, Meditation, Powerful Interventions, & Energy Awakening***
- ***Systematic Tracking of 12 Major Areas of Life***
- ***Stage of Life Assessment & Goal Achievement***
- ***Bio-Psycho-Social & Spiritual Development***
- ***Philosophical Exploration & Insight Development***
- ***Creation of a Prevention Shield for Children, Adolescents, and Adults***
- ***Regular Tracking of Progress via Online Portal***
- ***Thousands of Videos, Audios, and Self-Development Worksheets***
- ***Regular Communication on Level of Progress via online sessions & voice memos***
- ***Full family structure and relationship enhancement processes***
- ***Exploration of processes from lower consciousness to higher consciousness***

NAME:

VERBAL CONSENT & AGREEMENT VIA ZOOM:

DATE OF ENROLLMENT:

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Sachin J. Karnik

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SIGNATURE:

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OVERVIEW + 2 FREE CONSULTATIONS

(OBTAIN BASIC MATERIALS TO UNDERSTAND THE CONCEPTS OF ENERGY & PERSONAL EXCELLENCE)

\$100 MONTHLY FEE

(\$104/month for credit/debit cards)

(Credit/debit cards, Checks, & Cash Accepted)

- *Obtain an introductory set of materials that will start you on the journey towards personal excellence*
- *Start the process of balancing your mind and body*
- *Obtain a full overview from EPE about your specific status in all 12 dimensions*
- *Obtain foundational materials for all 12 DIMENSIONS.*
- *Minimum of 4 online sessions per month (1 hour to 1.5 hours / session)*
- *Penetrative dialogues aimed to unlock potent energy*
- *Utilization of meditation techniques to bring inner stability*
- *Learn how to dissolve difficulties at the root*

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FOUR ONLINE (ZOOM) CONSULTATION SESSIONS

FEE: \$100 FOR 4 IN-DEPTH CONSULTATIONS (60 MINUTES EACH)

\$25/CONSULTATION (ONGOING AS NEEDED)

Consultation sessions to obtain a 12-dimension view of one's life and the development of a personal development plan is offered. Four in-depth online sessions are performed. This provides an excellent overview of current life-circumstances and a personal development plan is created by EPE. Participants may choose to enroll further on a monthly basis or continue consultations as needed.

Credit/Debit Card Fees:

(\$104/month for credit/debit cards for initial in-depth four consultations)

(\$26/consultation for credit/debit cards)

NOTE: EPE accepts checks, online bank checks, all credit debit/cards