Body & Emotion Code Consent

A little clarity before we follow the clues.

Welcome! This form explains what to expect from a Body Code(TM) and/or Emotion Code(R) session and allows you to decide whether you would like to participate.

What this work involves

Sessions may include conversation, intention-setting, muscle-testing techniques, intuitive or energetic inquiry, and approaches that practitioners describe as identifying and releasing emotional or energetic imbalances. With your permission, I may use light touch or work without physical touch, as discussed with you.

Important wellness boundaries

These are complementary wellness practices, not medical or mental-health treatments. They are not intended to diagnose, treat, cure, or prevent any illness, and are not a substitute for care from qualified healthcare or mental-health professionals. No particular outcome is guaranteed. Please seek licensed professional care for medical symptoms, mental-health concerns, or emergencies.

Your choices and comfort

You remain in charge of your experience. You may ask questions, decline any technique or touch, request a pause, or end a session at any time. I will explain any proposed change in approach and seek your agreement. You do not need to share personal details that you prefer to keep private.

Privacy and communication

Information you share will be handled respectfully and used to support your session and related scheduling or follow-up. I will not share identifiable session information without your permission except where required by law or needed for immediate safety. Ordinary email may not be fully secure; please avoid sending sensitive medical records by email.

A note about emotions and sensitive topics

Exploration may bring up memories or emotions. You can choose whether to discuss them. If a concern would be better supported by a licensed professional, I may suggest an appropriate referral.

JENNY DARLIN | CLIENT FORMS

Your Permission & Preferences

Please complete this page and return it before your session.

Client name

Date

Email

Your consent

- [ ] I have read and understand the explanation and wellness boundaries on page 1.
- [ ] I understand participation is voluntary and I may pause or stop at any time.
- [ ] I agree to participate in Body Code(TM) and/or Emotion Code(R) techniques discussed with me.

Touch preference (we will confirm together)

- [ ] I am open to discussing light touch, with consent at the time.
- [ ] I prefer no physical touch.

Anything you want me to know? (Optional)

Client signature (typed or handwritten)

Signed on

By signing, I confirm that I understand the information above and choose to participate. If you prefer to sign by hand, print this page, sign it, and scan or photograph it.

How to return your form

Save your completed PDF, then email it to love@jennydarlin.com before your appointment. If your device cannot save filled PDF fields, print, complete, and send a photo or scan.