



Kelly Pietro

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NEW CLIENT INTAKE FORMS

All information is kept strictly confidential.

PERSONAL INFORMATION

Name: _____ Astrological Sign: _____

Birth Month: _____ Day: _____ Year: _____ Time: _____ City/State/Country: _____

Residing City/State: _____

Preferred Telephone #: _____ Text ok? Yes No

Email: _____ Email ok? Yes No

Prior experience with Energy Work? Yes No Prior experience with Herbs? Yes No

Anything important to share about these experiences? _____

I understand that electronic forms of communication are not secure.

Initial: _____

HEALTH HISTORY

When discussing herbal allies it is important to make sure they don't interact with any medications you may be taking or are contraindicated with any current diagnoses. Please disclose this information below to ensure your health and safety is considered. Please use as many pages as necessary.

Name of Medication/Herb/Supplement & Dosage: _____ Date Started: _____ Indicated for: _____

Diagnosis: _____ Date of Diag: _____ Current Severity of Symptoms: _____

Surgeries/Procedures: _____ Date: _____ Current Prognosis: _____

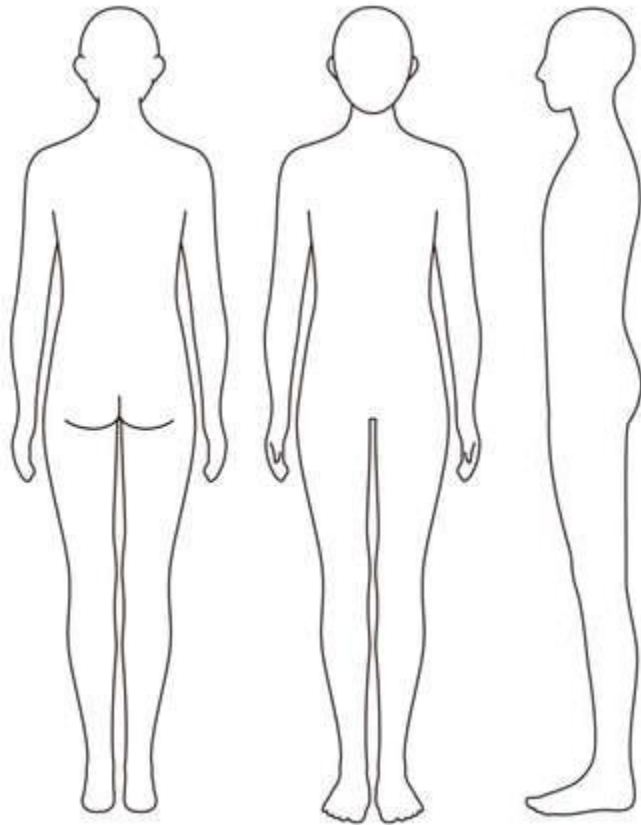
OFFICE USE:

R S SP H T TE C E A F W

PERSONAL PREFERENCES

Please circle or highlight all areas of the body that are NOT ok to touch:

(Note: I never touch on upper thighs, below the belt, or chest on women.)



Please check all that apply:

Please do not touch me at all.

I am comfortable with gentle touch.

I am comfortable with firm pressure.

I prefer to stay seated in a chair for energy work rather than lay on the table.

WHAT TO EXPECT IN A SESSION

Expect the unexpected! Come in with an open mind and an open heart. I find when people come in with open expectations it allows for more to happen. Many people come in with unrealistic expectations to be healed, or to be given a cure-all herb. I do not call myself a healer nor make claims about my work. Rather, I think of my role more as a guide and a companion on your journey because in fact the one doing the healing is YOU: it is your willingness to change habits, beliefs, lifestyle and more that creates an atmosphere for healing. It is in your surrender to possibility that allows for healing to come in. I don't guarantee results, only an experience from which to grow and learn from. The more you are willing to share, the more I am able to get a sense of the energy at play, which then allows for a more directed way to work with the energy. We then discuss herbs that might be supportive for your particular circumstance.

This work is very complimentary to other modalities of healing including allopathic or western medicine. Sometimes multiple modalities are needed in order to address an issue, so it is important to stay open minded to all doorways to healing. I will never instruct you to go off of a medication or forego a surgery in lieu of what I can offer. It is not my place nor my training to do so. I remain an educator on what herbs are supportive to the body and their actions when taken. I offer intuitive insights on what energy might be at play, along with suggestions on how to shift the energy.

In a typical session we will talk for most of our time together. I will intently listen as you share what is currently causing you concern. Once we have a good idea of what energy is at play you will lay comfortably on the table (fully clothed, over or under blankets as per your comfort) and I will begin the energy work portion of the session. This will be a relaxing experience where you may either sit in silence with your eyes closed. I may place my hands on different areas of the body with light touch or gentle pressure, but never in areas you or I would find any discomfort in. You will have the opportunity to share with me what areas those might be, especially via the Personal Preferences page of your client intake forms. Once the energy work is complete we will discuss what herbal allies might be appropriate to help support you on your journey.

Follow up sessions are at the discretion and request of the client. I do not follow up with clients after a session for various reasons that are respectful of both privacy and time. It is best that follow up conversations about your progress be contained within the boundaries of scheduled appointments. Certainly you can call or text with minor questions, but if I believe the answers require more in-depth discussion I will ask that you schedule an appointment.

As I am not a healthcare provider I am not bound to HIPPA laws. However, this doesn't mean that your privacy is not held in a sacred manner. I do not share the names of my clients with anyone. I do not speak of your personal experience with anyone. Everything you share with me is held in the highest form of confidentiality possible. Please know that electronic forms of communication, however (email, text, etc.) are not a secure form of communication. You may choose to communicate with me that way, so long as this is understood.

PAYMENT

Your first appointment will be 90 minutes to allow for a full comprehensive intake. Everyone's physical and emotional response to a session is different. Many clients feel very tired or emotional afterwards. Plan to relax comfortably at home following your session. Do not plan your appointment on a day where you are busy. Please arrive well-hydrated and be sure to bring your completed "New Client Intake Form" with signed Liability Release form.

Payment is made in advance through the "Shop" page of my website at www.themindfulherbalist.com after your appointment time is confirmed. The client is responsible for fees associated with any unplanned overtime. Unplanned overtime can be payed onsite via cash, check, or card after your session, or via my website "Shop" page.

Pricing is kept current on my website. Clients are responsible for understanding rates before appointments are made. Pricing structure is based on time spent together during the appointment. Results are not guaranteed.

There is no fee for cancelled appointments, however 24-hour notice is appreciated.

DISCLAIMER

All content discussed in client sessions or shared on The Mindful Herbalist website, social media sites, and affiliate sites is for educational purposes only. This information has not been evaluated by the FDA. This information is not intended to diagnose, treat, cure, or prevent any disease, nor should herbal recommendations or energy strategies be considered a prescription of any kind. Consultations, including any information shared and the recommendations made, are not a replacement for professional medical advice or medications. Consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.

LIABILITY RELEASE

You are seeking guidance and hereby attest to the following: I fully understand that Kelly Pietro, The Mindful Herbalist LLC (hereto after as Kelly), is not a licensed medical doctor, does not diagnose or treat disease, and that I am not here for medical, diagnostic or treatment procedures. Kelly does not make these choices for the client rather she provides educational resources in the historic and traditional uses of herbs. Suggestions and treatments are offered for my own well-being and are not intended to take the place of qualified professional medical care, including the diagnosed treatment of named diseases. It is my responsibility to consult my medical care provider before using herbal products, particularly if I have a known medical condition or if I am pregnant or nursing. I am responsible for my own health. As with conventional medicine and treatments, herbal medicine is vast and complex, and must be used responsibly. People react differently to different remedies. Some herbs are contraindicated with certain pharmaceutical drugs. Further, some helpful herbs may be confused with harmful and/or deadly substances. Kelly does not claim to know all possible interactions nor contraindications, and therefore it is up to the client to do proper diligence in researching each herb fully. I agree that all nutritional supplements, herbs, extracts, remedies, etc. are taken at my own risk. As with any ingested substance, allergic reaction is a possibility in some individuals. I have been informed of the risks and consequences involved to the best of Kelly's knowledge, but understand that she may not be fully informed on all possible consequences. I agree that I and my heirs, guardians, legal representatives and assigns will not make claim nor file any action against Kelly or any affiliates of The Mindful Herbalist, LLC for injury or damage resulting from negligence or other acts, whatsoever, caused in connection with my consultation or interactions with Kelly. I also understand that The Mindful Herbalist, LLC nor Kelly will not be held responsible for errors/ingredients on the part of any manufacturer or supplier of products recommended. I have carefully read this agreement and fully understand the content. I am aware that this is a waiver and release of potential liability and a contract between Kelly Pietro, The Mindful Herbalist LLC and myself and consent of my own free will.

Signed

Name printed

Dated