**Client Consent Form**

**One or more of these modalities may be used to achieve the change you are seeking.**

**Reiki**

The Usui Reiki Healing is an energy based healing technique. Mikao Usui (Usui Sensei), is the founder of the Reiki System of Healing. Once attuned with Reiki and given the symbols to use, Reiki energy is then channeled through the practitioner's hands either for self-treatment or treatment of others. A Reiki treatment consists of laying the hands on the body in a prescribed pattern and allowing the energy of life to flow through the hands to the person being treated.

**Healing Touch**

Healing Touch is an energy based technique that is relaxing and nurturing. This was developed by Janet Mentgen, RN, BSN in 1980. Gentle touch, or no actual touch, assists in balancing your physical, mental, emotional, and spiritual well-being. Healing Touch works in the energy field to support your body’s natural ability to heal. It is safe for all ages and works in harmony with standard medical care. Healing Touch has evolved into a certified program recognized by the American Holistic Nurses Association (AHNA).

**CranioSacral Therapy**

CranioSacral Therapy (CST) was pioneered and developed by osteopathic physician John E. Upledger following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

**Bach Flower Remedies**

There are 38 remedies in the Bach remedy system. All of them were discovered in the 1920s and 1930s by Dr Edward Bach, a well-known bacteriologist, physician and pathologist.

Each remedy is associated with a basic human emotion. Mimulus, for example, is the remedy for when we are anxious or afraid about something specific. Taking the remedy helps us overcome our fear and face it with courage.

With the exception of Rescue Remedy, most remedies are sold in liquid form. After assessing what changes you would like to achieve, we agree upon a personal mix of the remedies you need to address your current emotional situation. Dr. Bach believed that healing on an emotional level effects other levels: a healthy emotional life and a balanced personality will allow your body to find its own natural state of health.

**What to expect during a session:**

During a session, which averages about 60 minutes, as you rest on the table, I will gently place my hands on or above your fully clothed body and will note sensations and imbalances to the energy field. I will then choose a series of techniques that are appropriate for your needs and intention for the visit. There is a high likely hood you will experience a relaxation response during the session. People have many different responses to energy work. Some feel nothing at all. Others describe sensations of moving energy, deep relaxation, feelings of being supported and nurtured, or visions of images and colors. Some clients experience an emotional release; some have what they consider to be a spiritual experience or they may develop insight into specific areas of their lives.

**Benefits of a session:**

Energy work is effective for:

* physical and mental relaxation, lowering blood pressure and heart rate
* reducing pain, anxiety and stress
* decreasing nausea
* relieving side effects of chemotherapy and radiation
* strengthening the immune system
* increasing one’s sense of vitality
* ability to better cope with illness, medical protocols for treatment of medical conditions and depression
* facilitation of wound healing
* assistance in release of emotions and trauma held in the body
* facilitating an understanding of the root cause of physical pain tied to emotional or mental states
* overall support of emotional, mental and spiritual healing

**Confidentiality:**

All client information and records provided during a session will be kept confidential except under circumstances as detailed in Illinois Statutes of federal laws and regulations. Practitioners are required by law to report, or cause to be reported, the threat of serious harm to self or others. Client files are maintained in strict confidence, in accordance with applicable state and federal laws and professional standards.

**Acknowledgement, Consent, Client Privacy Rights:**

I have read and understand the above disclosure regarding the services offered by Nancy Heffernan.

I understand energy work is a holistic complementary and integrative energy based therapy that is accomplished through the use of contact and/or non-contact touch. I understand Nancy Heffernan is not a licensed physician and that her services in this capacity are not licensed by the state of Illinois.

I have read and understand the above disclosure regarding privacy policies and confidentiality, and that experiences during these sessions are confidential, but subject to the usual exceptions governed by laws of the State of Illinois and other federal laws and regulations.

Except in the case of gross negligence or malpractice, I or my representative(s) agree to fully release and hold harmless Nancy Heffernan from and against all claims or liability of whatsoever kind of nature arising out of or in connection with my session(s).

I have been informed that Nancy Heffernan will neither diagnose nor prescribe for any condition that I might have nor does she make a specific claims regarding results from these sessions.

I fully consent to use the services offered by Nancy Heffernan by signing below:

Signed:

Printed Name:

Date: