

Informed Consent for Energy Therapy

Energy Therapy (ET) is a field of therapy composed of many different therapeutic techniques. The common thread in all ET techniques is that they use the body and its energy field to shift the energy that blocks people from having the life they want, whether that block is expressed physically, emotionally, mentally, or spiritually. There are several potential components in ET, including chakras, meridians, and the biofield. Many techniques also utilize energy checking (also known as muscle testing).

Chakras are centers within the body that hold specific energy. You stimulate the chakras through their specific location on the body. Meridians are energetic pathways that travel throughout the body. You stimulate meridians through the meridian, or acupuncture, points along the pathway. The biofield is the energetic field that surrounds your body. You can access the biofield from any location on the body. Chakras, meridians, and the biofield are accessed on the surface of the skin and can be stimulated for the purpose of correcting disturbed energy patterns that may underlie problems. Stimulation may include touching, rubbing, or tapping a location on the body. In some techniques you will be instructed to stimulate the appropriate location yourself. In some techniques the therapist will stimulate it. The therapist will always ask permission prior to touching anyone. Clients are strongly encouraged to say "no" to any touch unless they are 100% comfortable with it. Clients are also encouraged to ask the therapist to stop if they become uncomfortable at any point during the treatment. No touch will ever involve sexual intent or action.

Energy Checking, also known as muscle testing, is an assessment tool for determining how energy patterns affect the body and mind and how that may be related to the problems for which treatment was sought. This technique involves the therapist applying physical pressure to the client's arm to determine if a specific muscle stays firm or loses strength when particular material is brought to one's mind. The outcome, as indicated by the relative firmness maintained by the muscle, provides information to the therapist and client about how the issue may be impacting the client. The therapist may also use muscle testing on herself, as a way of checking in with her intuition. She may or may not share the results of that information, just as she may or may not share intuition she gathers through other means. That decision will always be based on what is believed to be in the best interest of the client. As always, the client is the expert on him or herself and is encouraged to take any information gathered through energy checking as a component of self analysis, using their own sense of self and truth as a barometer of its accuracy.

The use of energy therapy within the field of psychotherapy is a relatively new development and, at this time, there is limited published research in established scientific journals investigating these methods. While new studies are showing the efficacy of ET at steady pace and there are large numbers of successful outcomes reported using these methods, I understand that clinical reports do not indicate conclusive scientific evidence. Also, even when the clinical effectiveness of these methods is scientifically established, results will vary from person to person.

ET is a safe treatment method, with a substantial body of clinical experience showing no serious side-effects when properly administered. However, with any form of psychotherapy there are risks. ET

frequently enables people to have significant shifts in their emotions, thoughts, and behaviors at a rapid rate. While this is the desired and stated goal, it can be discombobulating for clients and their loved ones and may take some adjustment. Also, it is possible for unresolved memories and related emotions and sensations to be brought into awareness. The therapist will continue treatment through any strong feelings in order for them to move through the energy field and clear out of the client. If the client ever feels they need to stop, though, they may tell the therapist to stop at any time. Another issue that needs to be considered is that ET frequently effects people physiologically. While the therapist is not a medical doctor and cannot diagnose or treat any health problems, for this reason, the client needs to discuss any medical conditions with the therapist prior to beginning the process. Additionally, it is possible that emotional material may continue to surface after the therapy session and require further treatment. While this is normal, it is never the goal of therapy for the client to leave therapy ungrounded and/or in a state of increased distress. The client should notify the therapist immediately if this occurs. Finally, I understand that previously traumatic memories may lose their emotional charge, and this could adversely affect my ability to provide legal testimony that carries the same impact it may have prior to treatment. For that reason, any client involved in a legal matter should consult their attorney prior to beginning ET.

I have thoroughly considered all of the above and have obtained whatever additional input and/or professional advice I believe necessary or appropriate prior to commencing treatment using ET. By my signature below, given freely and without pressure from any person, I consent to the use of these methods in my, or my child's, treatment.

This consent is effective for the course of treatment, unless rescinded in writing.

Client Signature _____

Parent/Guardian Signature _____

Date _____