

Healing Touch and Emotional Freedom Technique Treatments Session Guidelines and Consent Form

Healing Touch (HT) and Emotional Freedom Technique (EFT) are energy-based Therapeutic approaches to healing, which use touch to influence the energy systems. This affects physical, emotional, mental and spiritual health and healing. The goal of both therapies is to restore harmony and balance in the energy system to help the person self-heal.

Hands on healing techniques balance, clear and charge your energy field and system, remove energetic blocks that lead to disease, and enhance your body's natural healing potential. With HT, the therapist's hands are lightly placed on or above the body in sequences determined by the condition being treated. With EFT the clients taps on specific energy meridians to release emotional and physical blockages. Occasionally it may become necessary for the therapist to tap on the client's body. (The meridian tapping points are on the head, center of the chest, under the arm and hands.) If the therapist is to do the tapping for the client, it is important for them to be clear that this is on their behalf, for the purpose of assisting them in finding relief from their challenges. It is non-sexual touch. The client agrees to this before treatment begins. By signing the consent form below, the client is stating their acceptance of the reasons for the therapist's touch in both energy therapies (HT and EFT). If at any time during the session you are uncomfortable, it is your responsibility to inform me. Self care is an essential part of your healing process.

Areas that influence your state of well being may be explored such as your history, life stressors, your belief systems and attitudes, your family and childhood history, diet, exercise and relationships. Your sharing is always kept confidential.

The therapist does not medically diagnose or prescribe treatment. The approach is holistic, focusing on the client as a complex, unique being, with the therapist acting as the facilitator of the healing process.

Your response will be influenced by your general health. Changes may become apparent immediately, within hours, or days later. Occasionally someone may experience what is known as a 'healing crisis' after a treatment. This is generally a sign of accelerated healing or detoxification. Symptoms may intensify for a short time. If this happens to you, allow your body to rest, and drink lots of water. If you have any concerns, please contact me by cell or text.



Growing your health... Naturally.

410-274-6376 jenhewat@comcast.net www.wholistichealthcare.net
1319 Winding Valley Dr. Joppa, MD 21085

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Payment may be made by check, cash or credit card. Client is responsible to pay for appointments cancelled with less than 24 hours notice (except in cases of emergency).

CONSENT FORM

1. I understand there could be light, non-sexual physical touch associated with the treatment.
2. I understand that it is MY responsibility to inform the practitioner if I in any way become uncomfortable.
3. I understand the practitioner is not a doctor to medically diagnose nor prescribe treatment.
4. I understand that any information I impart is to be kept totally confidential.
5. I understand that if I cancel my appointment within 24 hours of the scheduled time (except for a case of a true emergency) I will be expected to pay for the scheduled time.
6. I have read and understand the Session Guidelines provided by Jennifer Hewat RN and accept treatment under these terms.

SIGNED _____ Date _____

