

**CONFIDENTIAL CLIENT INFORMATION – ENERGY HEALING SESSION**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone Number: (home) \_\_\_\_\_ (cell) \_\_\_\_\_ (work) \_\_\_\_\_

Email Address: \_\_\_\_\_

How did you hear about us?  Google  Yelp  
 Other, please explain: \_\_\_\_\_

Have you ever received an energy healing therapy session?  Yes  No How recently? \_\_\_\_\_

What type of session did you receive? \_\_\_\_\_

Please briefly describe your experience with any previous energy healing sessions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is your reasoning for seeking energy healing therapy? \_\_\_\_\_  
\_\_\_\_\_

The following required information must be completed in its entirety, honestly and to the best of your knowledge:

What, if any, medical conditions are you currently receiving treatment for?  
\_\_\_\_\_

Are you sensitive to perfumes, fragrances and/or touch? \_\_\_\_\_  
\_\_\_\_\_

Can you comfortably lie on your back for an extended period of time?  Yes  No

**By providing my signature below, I confirm that the information recorded above is complete, accurate, and honest to the best of my knowledge. I understand that Reiki and Crystal Healing are energy healing therapies that are not a replacement for medical treatment, and that the therapist may only perform treatments within his or her scope of practice and level of comfort. Anything said during this session shall not be regarded as medical advice, treatment, diagnosis, or prescription. I understand that the therapist may refuse service at any time for any reason, and that clients may be referred to a medical professional if the therapist feels this is necessary. I understand that it is my responsibility to inform the therapist of any changes to my medical health profile and that the therapist will not be held liable for anything resulting from my failure to do so. I agree that I have been given sufficient opportunity to ask questions and make specific requests in order to make my treatment time as comfortable as possible. I have also read and will abide by all policies and client expectations that may be listed separately from this document.**

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Check here if you are signing as the legal guardian for a minor under the age of 18.)

## BENEFITS OF ENERGY HEALING THERAPIES & WHAT TO EXPECT:

Energy healing is a process that promotes balance of our energetic body at the physical, mental, emotional and spiritual levels. This energetic body exists simultaneously with our physical body, each having a direct effect on the other. Therefore, energy healing therapies can support us mentally, emotionally and spiritually, as well as physically. Some of the benefits of energy healing therapies include but are not limited to:

- ☞ Relief of stress and anxiety by balancing body, mind, and spirit
- ☞ Sense of clearing and increased vitality
- ☞ Greater mental clarity, focus and insight
- ☞ Relief of pain and muscle tension
- ☞ Smoother flow of energy inducing overall well being
- ☞ Strengthening one's connection to Self, life and others
- ☞ Calming the mind that may aid in decision making and being at peace with situations
- ☞ Enhanced quality of life

***It is essential that the client understands that no energy healing therapy can be accepted as a replacement for any prescribed or necessary medical treatment, but is best used as a complimentary treatment. Energy therapists are not able to diagnose or medically treat any illness or condition.***

In an energy healing session, clients may remain fully clothed and, if comfortable, will lay on their backs on a treatment table. Occasionally clients may be asked to lay on their stomach. Clients are not expected to do anything during a session except clear their mind, relax, and enjoy. Depending on the type of session being performed, the therapist may lay the hands/crystals/tools gently on different areas of the body to channel the healing energy, or they may simply hover above the body.

Clients may have various experiences, ranging from the feeling of warmth and tingling throughout the body, a sensation of either floating or becoming very light, or the sensation of becoming very heavy and melding into the treatment table. Clients may see colors or visions, have spontaneous muscle jolts, or even experience emotional release such as crying or giggling. Experiences will differ with every client, every time, but it is important for the client to know that regardless of whether any of the above is experienced, the energy is still always working.

Following an energy healing session, clients are encouraged to remain as relaxed as possible. Sleep patterns may change, leaving the client either sleepy or energized. Drinking lots of water and eating healthy snacks can help balance energy levels. Journaling is also encouraged to keep track of experiences that may occur following a session. Please be sure to ask your therapist if you have any questions regarding the treatment or post-treatment experiences.