



ESSENTIAL ENERGY MEDICINE INFORMED CONSENT AND SERVICES DISCLOSURE STATEMENT

WHAT IS ENERGY MEDICINE?

I am a certified Eden Energy Medicine Advanced Practitioner, EEM-AP. Energy Medicine is an approach that involves balancing and restoring your body's natural energies for the purposes of increasing your vitality, strengthening your mental capacities, and optimizing your health. The form I use draws from Donna Eden and her book, *Energy Medicine*. The techniques you will be experiencing and learning trace back to ancient healing and spiritual traditions such as yoga, tai chi, and acupuncture. The form I use and teach is thoroughly modern and does not require adherence to any particular set of beliefs or practices. The core concept is that your personal well-being and effectiveness are directly related to the state of your body's energies.

Enhancing Your Body's Energies

You may have heard about subtle energy through terms such as the "life force," "chi," "meridians," "chakras," "biofields," or "auras." In many healing traditions, the "life force," the animating power whose presence defines life and whose absence defines death, is understood as a form of subtle energy. Eastern cultures in particular have studied such energies for millennia and have successfully applied their understanding for enhancing both physical and emotional health. Systems designed to influence the body's subtle energies include yoga, Reiki, acupuncture, acupressure, tai chi, therapeutic touch, and energy medicine, to name just a few. Many hospitals in the United States now include such methods to help with the healing of a variety of conditions.

Energy Medicine Techniques

The techniques I will be using and teaching you are based on the premise that by promoting balance and flow in the body's electromagnetic and subtle energies, health and well-being are enhanced. The techniques may involve the use of certain postures or movements or touching, holding, pressing

upon, tracing, or circling over specified areas of the skin. They move, balance, enhance, and restore the body's energies. I may also employ a procedure called "energy testing" where I apply light pressure to your outstretched arm, sometimes while you or I touch another area of your body. This is a way of assessing how your energies are flowing through specific areas of your body and may help us identify the techniques that will be most beneficial for you. The methods we will be using lend themselves to highly individualized applications in the studio as well as to back-home self-care.

WHAT ARE THE LIMITATIONS OF MY ENERGY MEDICINE PRACTICE?

Although Energy Medicine uses the term "medicine," it does not imply that Energy Medicine practitioners are practicing medicine. Energy Medicine is a term used by many training programs that teach people how to assess and correct for energy imbalances in the body. Energy Medicine is not a substitute for the diagnosis and/or treatment of medical or mental health conditions by a licensed health care professional. If you have a disorder that has been diagnosed by a licensed medical or mental health professional or a condition that should be evaluated by a licensed health professional, my services should be used only in conjunction with your obtaining that care. I do not diagnose or treat medical or mental health disorders, nor am I trained or licensed to do so. Energy Medicine attempts to optimize the body's overall health and vitality, but it is not to be used instead of appropriate care from a licensed professional.

Besides the fact that Energy Medicine does not diagnose or treat illness, another difference between my services and visits to a medical doctor is that effective energy work requires your active involvement between sessions. Our sessions will establish energy patterns that optimize body, mind, and spirit. Reinforcing these new patterns through the practice of energy exercises at home will reinforce, maintain, and extend the benefits you receive in the sessions.

Energy Medicine techniques bring disturbed energies back to a state of balance and harmony. These corrections will generally consist of various forms of light or deeper touch and of movement of my hands within your body's energy field. If you are uncomfortable with being touched or with any of the procedures being used, please tell me immediately and I will instantly stop.

While the methods I use and teach are gentle and considered non-invasive, it is possible that physical or emotional after-effects may occur after your energies have been stimulated and adjusted. In some instances, deeper pressure is used to move energies that may be blocked or congested in a particular area of the body, and this may cause some pain or discomfort. Dizziness, nausea, or anxiety are relatively unusual but not unheard of side-effects to energy work. If any procedure is uncomfortable or leads to discomfort, please tell me at once. I will instantly stop if you request me to do so and can often provide a technique to counter the discomfort.

MY BACKGROUND AND TRAINING

For over thirty years, I have been actively involved in natural wellness, beauty, dance and healing modalities, as both a practitioner and a teacher. I have a B.S in Business, Dance/Theatre from Skidmore College in New York. Certified from the Boca Raton Fitness Institute as a personal trainer/ teacher 'Aerobics Thru Dance".

Licensed Esthetician NC E84, Licensed Massage Therapist NC LMBT 1745, Certified Clinical Aromatherapy Practitioner, CCAP, Eden Energy Medicine Advanced Practitioner, EEM-AP, Authorized Teacher Foundations, Year 1 EEM, and EM101/102, Certified Touch For Health Practitioner, and Usui Reiki Master. I love to blend many of these wonderful modalities in my practice, along with sound, breath work and movement...as these are all forms of Energy Medicine.

BILLING AND PAYMENTS

I charge \$100 Hr. My sessions range from 1-2 Hrs. For more specific information go to **Private Sessions**. I accept Cash, Credit Card or Personal Check.

Once an appointment is scheduled, you will be expected to pay for it unless you provide 24-hours' advance notice of cancellation. If you are late, we will still end on time and not run over into the next person's session. If you miss a session without canceling, or cancel with less than twenty-four hours' notice, you must pay for that session by the time of our next meeting unless we both agree that you were unable to attend due to circumstances beyond your control.

ACKNOWLEDGEMENT, CONSENT AND RELEASE OF LIABILITY

By signing below, you knowingly and voluntarily consent to the services offered by Lindy Franciose. Your signature indicates that you have read the information in this document, understand it fully, have discussed any questions or matters of concern with me and/or others, and agree to abide by its terms during our professional relationship.

Print Name

Date

Signature

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