

**Kathy Brackett EEM-AP,
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860-416-1894

ENERGY CONNECTIONS INFORMED CONSENT FORM

Welcome! I am excited to be a part of your journey towards wellness. Our sessions together will be a collaborative effort to effect positive change in your life. Below is additional information on what to expect in our sessions. Please read this entire document and let know if you have any questions regarding the consent form. Please sign and scan the last page and return by email before our first scheduled session. Thank you!

Credentials – I am an Advanced Practitioner of Eden Energy Medicine and a Reiki Master. There is no licensure for these professions. I am also a Registered Nurse since 1982 with experience in ICU, CCU, School Nursing, Homecare and Hospice.

Description of Modalities:

Eden Method™ is a modality that recognizes the subtle energy systems which flow through and around the human body, and deeply affect one's health and vitality. **Balancing these energy fields can assist the body in moving towards wellness.** I will use energetic intuition and information from your Intake form to assess your body's energies. I will recommend and teach self-help energy exercises known to facilitate the restoration of the body's energies to a balanced state. Handouts will be provided describing those exercises, which you will be encouraged to practice between sessions.

Whereas conventional medicine diagnoses and treats symptoms and diseases, **Eden Method™ assesses and corrects disturbances in the body's energies.** Eden Method™ is valuable in that it works on the energy systems in the body. Progressive medical doctors are already embracing energy methods such as acupuncture, Emotion Code, Reiki and EFT. **Eden Method™** is a complement to any traditional medical protocols or treatments. By using energy techniques to restore a client's energetic balance, modern medical treatments are enhanced. The Eden Method™ in particular, offers potent, empowering tools and techniques that can be used to activate the body's natural healing abilities.

Description of Services –

The focus of our phone/zoom session is to identify imbalances affecting energy flow and ultimately health. Using an energy tracking system, as taught by Donna Eden, author of ENERGY MEDICINE, I will determine whether the energy of nine synergistic energy systems exhibit healthy patterns or disharmony. Each client has their own energy signature and as an Energy Medicine Practitioner, I seek to establish a picture of how well that signature supports

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optimal health. I use my energetic intuition and methods to check the balance and flow of the nine energy systems: the spin of Chakras, the flow of energy through the 14 meridians, the strength of the Radiant Circuits, the balance in the Five Element system, the strength of the Aura and the Electrics system, among others. When disharmony, lack of flow or strength in a particular system is determined, that system's energy is corrected using techniques such as holding Acupressure Points, tracing or flushing Meridians, and Chakra balancing.

What is revealed in regular sessions are the strengths and weaknesses of a client's energy system. I will assign self-care exercises that support healthy change. If you are diligent in your self-care, even severely chronic energy imbalances can be corrected over time. In this way, **Eden Method™** differs dramatically from allopathic medicine. In our session we are in a collaborative partnership where you as the client will be self-empowered to maintain your own healthy energy balance and flow. **Eden Method™** discerns the complex relationships between the synergistic energy systems, the body, the mind and the spirit, and how all of those factors are woven into the client's state of health. The goal is to create an energetic environment within your body that supports health, vitality and well-being.

Our 1st Zoom/phone session we may spend a little more time to obtain a clear understanding of your issue(s) and symptoms. I will instantly stop if you are not comfortable. I ask that you always be honest and inform me of any discomfort whether emotional or physical during our session together. You can ask questions at any time. I want you to be comfortable.

Reiki- is a Japanese hands-on technique used for deep relaxation & healing. "Healing" is a term used to describe your body going back into harmony and balance, thus allowing your body in all its infinite wisdom to function at its optimal. I use Reiki with EEM as needed.

Emotion Code- is a technique developed by Dr. Bradley Nelson, and it works by literally getting rid of emotional baggage. Using muscle testing, we quickly identify and release hidden trapped emotions. These are harmful emotional energies from negative past events. Trapped emotions can cause anxiety, depression and more unbalanced emotions. They can feel like we're disconnected from others and block us from feeling love and happiness. Emotions are energy and can exert an influence on our physical body. Releasing these trapped emotions make conditions right for the body to balance itself physically, mentally and emotionally.

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Confidentiality – Your experiences during our sessions together are strictly confidential. You may instruct me to release information to other health care practitioners, or I may be required to release information if subpoenaed or otherwise legally obligated such as in circumstances where there is clear and imminent danger to yourself or another person. I am required to report to the appropriate authorities if it appears you are a danger to yourself or someone else, or if I have reasonable cause to suspect abuse of a child, dependent adult, or developmentally disabled person. I may at times consult with other professionals. All consultations will be done as to protect your anonymity.

Payment – \$120 per hour for Zoom/phone Session. I will invoice you via paypal on the date of the session.

Termination - At any point in our therapeutic relationship I reserve the right to terminate the relationship if I believe that our work together is not productive. I might refer you to another practitioner who is better able to handle your unique needs.

Additional Information - I am insured with Hands on Trade for Body work and included as additional insured is Innersource, the organization with whom I have studied.

Questions - I welcome your questions! Please don't hesitate to ask if you wish to know anything more about these energy methods. I am available by phone or email to answer questions or clarify instructions in between sessions. **Always call 911 in a medical emergency!** Please drink enough water to stay hydrated before and after each session. Please contact me if you develop any discomfort right after our session.

Acknowledgement and Consent to Receive Services - I have read and understand the above disclosure regarding the services offered by Kathy Brackett. I understand she is not a physician, psychotherapist or psychologist and that her services other than RN are not licensed. She will not function as a nurse in this setting, although she maintains her nursing license and knowledge. I further understand that Kathy is not trained to diagnose medical or mental health conditions or illness, or make recommendations involving pharmaceutical drugs or surgery. 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. Eden Method, Reiki and Emotion Code attempts to optimize the body's overall health and vitality, but is not to be used instead of appropriate care from a licensed professional. I also understand that Kathy does not claim that her services will cure or heal anyone. I have consented to use the services offered by Kathy Brackett and agree to be personally responsible for the fees in connection with the services she provides me.

Please indicate your acknowledgement and acceptance of these statements by signing below and scanning back.

Signed: _____ Date: _____

Parent or Guardian of: _____