

INFORMED CONSENT FORM FOR REIKI TREATMENT

Cassie Salewske, MA LMHC NCC
Healing Tree Counseling and Wellness, LLC
1812 E. Madison Street, Suite 101, Seattle WA 98122
cassie.salewske@gmail.com
www.healingtreeseattle.com
206-595-8621

■ **About Me:** For more than fifteen years, I have been a student and patient of energy healing and alternative medicine, and as I have evolved as a psychotherapist, I decided that incorporating Reiki into my practice was a valuable and necessary next step. In 2013, I completed both Reiki Level I and Reiki Level II training, and am certified to provide both in-person and distance Reiki treatments. I am a member of the International Association of Reiki Professionals (www.iarpreiki.org).

Additionally, I am a Licensed Mental Health Counselor, and have worked as a psychotherapist and case manager since 2004. I also hold a National Certified Counselor credential. I received my Master's in Mental Health Counseling from the College of Education at Seattle University. I have a Master of Arts in Teaching from Pacific University, and a Bachelor of Arts degree in English and Women's Studies from the University of Oregon.

■ **Reiki Treatment Description:** Your first Reiki appointment will last between 60-90 minutes. We will spend the first part of your appointment discussing your history, any specific concerns you have, and what you would like to focus on in your session. The Reiki treatment itself is usually about 30-40 minutes. Subsequent Reiki appointments will be about 50 minutes long.

Reiki treatments are given while you lie comfortably on a massage table, fully clothed, with your eyes closed. Reiki is "transmitted" through light touch on various points of the body, many of which correspond to energy centers known as chakras. A full treatment usually involves 8-12 different hand placements, depending on what your stated needs are. Each hand placement lasts about three minutes. Reiki sessions are intentionally quiet, with calming music in the background; however, I may talk to you briefly about something I'm noticing, or check in with you about what you're experiencing.

■ **Risks and Benefits:** Reiki is a generally safe method of treatment, but shifts in energy occur and may create some physical, emotional or spiritual side effects which may include physical tingling, feeling lighter energetically, mild fatigue, nausea, muscle soreness, headache, thirst, shifts of perception, etc. I cannot offer any promise or guarantee about the results you will experience. I exercise my professional judgment at all times during the course of treatment, with the focus of treatment being your best interest and highest healing good.

■ **Appointments:** We will schedule our appointments via email or phone, or in person at the end of a session. Please notify me as soon as possible if you have any schedule conflicts or emergencies which would require you to cancel our appointment. Likewise, I will notify you if I should need to cancel our appointment.

When you arrive, please remain in the waiting room and I will promptly meet you. I charge the full session fee for any sessions that are shortened due to your late arrival or early departure. I cannot accommodate making up for lost session time unless it is due to my error.

I will have to charge you the full session fee if you do not give me 24 hours notice of any cancellations. You will not be charged if I cancel our appointment. Please be prepared to pay the full session fee from your appointment that was either missed or cancelled late (not within 24 hours) when you attend your next scheduled appointment.

■ Fee for Services: My standard fee is \$80.00 for a 50 minute appointment. Initial appointments require extra time for the intake interview, and are \$120.00 per 60-90 minute session. These are the same fees charged for any missed or late canceled appointments.

■ Payment for Services: I accept cash, check, and debit/credit card payments. Checks should be made payable to **Cassie Salewske**. Payments are due directly to me at the time of service (at the end of each session). You may also fill out a payment pre-authorization form to allow automatic card payments on the date of your appointment. If payments are not made in a timeframe we have agreed upon, then I may notify debt collectors. I will charge a \$30 fee for any returned checks.

■ Record-keeping: All clinical information and records of energy healing treatments will be kept confidential and will not be released without your written consent.

Please initial each statement, and sign below:

_____ I have read the Disclosure Statement for Cassie Salewske, and I understand it.

_____ I have had the opportunity to ask questions and be provided further explanation pertaining to the Disclosure Statement or Reiki treatments in general.

_____ I agree to follow the terms in the Disclosure Statement.

_____ I give my consent for Reiki treatment as outlined in this Disclosure Statement.

_____ If requested, I will receive a copy of this Disclosure Statement with my signature.

_____ I understand that my therapeutic relationship with Cassie Salewske may be discontinued if the terms in this agreement are not fulfilled by either of us.

Client Name (please print)

Client Signature

Date