

## **INFORMED CONSENT FORM FOR REIKI TREATMENT**

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■ **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 knew 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 in early 2014, I completed my Advanced Reiki Training and Reiki Master training in the Usui/Tibetan tradition. I am certified to provide both in-person and distance Reiki treatments.

Additionally, I am a Licensed Mental Health Counselor, and have worked as a psychotherapist since 2004. I hold a National Certified Counselor credential, and I am trained and certified as a Clinical Hypnotherapist.

■ **Reiki Treatment Description:** Your first Reiki appointment will be about 90-120 minutes long. 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 60 minutes on the table. Subsequent Reiki appointments will be 90 minutes long, with time before and after your treatment to check in about how you're doing, and what your goals are.

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, or to the major organs and meridian systems (energetic channels) of the body. You may also elect to have a 'hands-off' treatment, where hand positions are done over the body, without touch. Full treatments usually involve hand placements on both the front and back of the body, depending on your needs. 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 safe and gentle healing method, but shifts in energy occur and may create some physical, emotional or spiritual side effects after a treatment. These side effects, known as *healing reactions*, may include physical tingling, feeling lighter energetically, mild fatigue, nausea, muscle soreness, headache, thirst, or shifts in perception. 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, 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 \$75.00 for a 90 minute appointment. Initial appointments require extra time for the intake interview, and are \$100.00 per 90-120 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 personal 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 give my consent for Reiki treatment as outlined in this Disclosure Statement.

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

\_\_\_\_\_ I understand that Reiki is not a substitute for medical treatment or medication, and that it is recommended that I work with my own doctor or medical professional for any condition I have. I am aware that my Reiki practitioner does not diagnose illness or disease.

\_\_\_\_\_ I agree to follow the terms in the Disclosure Statement.

\_\_\_\_\_ I understand that I may choose a 'hands on' or 'hands off' Reiki treatment.

\_\_\_\_\_ If requested, I will receive a copy of this Disclosure Statement.

\_\_\_\_\_ 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