

CONFIDENTIAL CLIENT INFORMATION – REIKI 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, recent surgery or 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 is a simple, gentle, hands-on energy technique that is used for stress reduction and relaxation. I understand that Reiki practitioners do not diagnose conditions, nor do they prescribe or perform medical treatment, counselling, prescribe substances, nor interfere with the treatment of a licensed medical professional. I understand that Reiki does not take the place of medical care. It is recommended that I see a licensed physician or licensed health care professional for any physical or psychological ailment I may have. I understand that Reiki can complement any medical or psychological care I may be receiving. I also understand that the body has the ability to heal itself and to do so, complete relaxation is often beneficial. I acknowledge that long term imbalances in the body sometimes require multiple sessions to facilitate the level of relaxation needed by the body to heal itself.

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 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. During a Reiki session, the therapist may lay his/her hands on different areas of the body or 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. Sometimes clients may have spontaneous subtle muscle jolts or 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 healing process is still 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.