

INFORMED CONSENT for EFT

Emotional Freedom Technique is a method of healing emotional and physical distress by utilizing the body's energy systems. They are based on the belief that the cause of all negative emotions is a disturbance in the body's energy system, and it draws upon techniques from acupressure, yoga, and other time honored systems of healing and spiritual development bringing them into a thoroughly modern application. Gentle stimulation of acupressure points located on the surface of the body, paired with mental activation of disturbing content or desired outcomes shifts the brain's electrochemistry:

- to help overcome anxiety, fear, guilt, shame, jealousy, or anger
- to change unwanted habits and behaviors
- to replace negative thoughts with life enhancing ones
- to relieve the emotional contributors to physical pain, thus reducing the pain itself
- to enhance the ability to love, succeed, and enjoy life.

Energy treatments for physical and emotional issues are intended to complement, not replace, medical or psychological care. Because these methods are relatively new, the extent and breath of their effectiveness, including risks and benefits are not fully known. I have been advised of the following:

- The intensity of previously vivid or traumatic memories may diminish. This could adversely impact the ability to provide **legal testimony regarding a traumatic incident.**
- Reactions may surface during a session that are unanticipated, including **strong emotional or physical sensations or additional unresolved memories.** Possible side effects may be fatigue, yawning, tingling, light-headedness, feeling "spaced out", or other unusual physical sensations
- Emotional material may **continue to surface after a session** and give indication of other incidents that may require treatment.

Evidence is mounting through scientific studies that these techniques are significant and powerful tools for both self-help and clinical treatment. There is increasing data in the form of clinical experiments and case studies in published journals indicating many consistent positive outcomes. **I understand that even as the clinical effectiveness of these methods is scientifically established, results will vary from person to person.**

Janice Robinson may ask me, "Is it okay for me to touch you?" and I always have the option of saying "No." Your body will, at all times, be fully clothed.

For the purpose of the practitioner's own supervision and/or teaching, disguised case studies may be shared in those contexts.

Janice Robinson seeks to maintain the highest standards of decency, fairness and integrity in all operations, and to protect clients' privacy.

I have thoroughly considered all of the above and have obtained whatever additional input and/or professional advice I deem necessary or appropriate to make an informed decision before commencing the EFT session

- The purpose of Emotional Freedom Techniques has been explained to me, and I understand that gentle touch may be used in a session to aid effectiveness.
- By my signature below, given freely and without pressure from any person, I consent to the use of EFT in my sessions.
- I understand that Janice Robinson is not a licensed psychologist-therapist, and offers EFT (Emotional Freedom Techniques) as a self-help coach and Licensed Massage Therapist only.
- I acknowledge that Janice Robinson is not diagnosing or treating illness or disease, and does not prescribe medications. I agree not to discontinue any medications without consulting my doctor.
- I agree to take complete responsibility for my own comfort, health and well being while working with Janice Robinson, and inform her of any pain or distress I may feel during sessions. I agree to hold Janice Robinson harmless.
- I have been given a copy of this consent form to keep, and I have signed a copy for Janice Robinson.

Client Signature

Date

Print name

Phone number

Client's additional information (optional):

Address:.....

Email:.....DOB.....

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