

Informed Consent to Energy Medicine Session

I, hereby consent to receive an energy medicine session from Dannee Damerell/Zen Life Healing Arts, LLC. I understand that energy medicine is a complementary health practice that aims to balance and harmonize the body's energy system.

I understand the following:

- **Nature of Energy Medicine:** Energy medicine is not a substitute for traditional medical care. It is intended to complement, not replace, conventional medical treatments. If I am under the care of a licensed physician, I will continue to follow his/her instructions.
- **Individual Response:** Individual responses to energy medicine can vary. Results may not be immediate or guaranteed. Long-term imbalances in the body sometimes require multiple sessions in order to facilitate the energetic shifts needed for the body to heal.
- **No Medical Diagnosis or Treatment:** Energy medicine practitioners do not diagnose medical conditions or prescribe medical treatments.
- **Potential Side Effects:** While energy medicine is generally safe, there may be potential side effects associated with physical touch, mild discomfort or allergic reactions. Some individuals may experience emotional release or heightened sensitivity during or after a session.
- **My Role:** I am responsible for communicating any concerns or discomfort I experience during the session. I understand that I have the right to decline any physical contact at any time. It is my responsibility to be honest and open about any health history, medications and/or any concerns I may have.
- **Self-Care:** It is my responsibility to continue to practice self-care, such as healthy diet, adequate sleep, and stress management techniques to support my healing work.
- **Confidentiality:** I understand that all information shared during the session will be kept confidential, except as required by law.

By signing this consent form, I acknowledge that I have read and understood the information above. I voluntarily consent to receive energy medicine services from Dannee Damerell/Zen Life Healing Arts, LLC.

Print name: