

Client Information and Consent for Healing

Welcome to my Healing and Health Coaching practice! I am pleased to meet you and to have the opportunity to work with you. Here is some basic information about the work I do, and what you can expect in our work together.

My approach to healing and personal transformation is holistic, focusing on you as a unique, complex dynamic being of body, mind and spirit. I offer to serve as a facilitator in your self-initiated process of healing and transformation. I am here as your committed listener, your mirror, your partner in the process. In the course of our work together we may explore areas that influence your state of well-being, such as your health history, life stressors, belief systems, your family and childhood history, diet, exercise, dreams and how you are in relationships. **Everything you share is confidential.** I do discuss clients (without using real names) with my professional supervisor or peers for the purpose of continuing education. Please let me know if you have any concerns about this.

Hands-on healing techniques balance, clear, and charge your energy system. At times I may touch your body, and at other times I may work with the energy fields away from your body. There may be other times when exploring your beliefs and attitudes will most effectively move blocks in your energy consciousness system. My training in energy work includes 4 years of post graduate study at the Barbara Brennan School of Healing, Study in Psychoenergetics, Hero's Journey apprentice training and a comprehensive program through the Institute of Integrative Nutrition. I also have a BS in Psychology.

As a Heath Coach and Healer, I do not medically diagnose or prescribe treatment. If you have a physical injury or disease, I ask that you also be in the care of a licensed medical professional. I may also request that you be in the care of a licensed psychotherapist. I do not advise you to discontinue any medical treatment you may be receiving. My work is intended to be in harmony with any other healing work that you undertake. Please feel free to discuss our healing work with your physician, psychotherapist or others on your care team.

Self-care is an extremely important part of the healing process. Your healing is your responsibility. If at any time during the session you are uncomfortable, it is your responsibility to inform me immediately.

My fee is currently \$95 per one hour session. If you need to cancel an appointment, please give me as much notice as possible. If you cancel within 24 hours of a scheduled appointment time, I do ask for full payment.

With your signature, you agree that I may work with you in the above-described manner. Please feel free to ask any questions you might have.

With warm regards,

Cecily

I have read the above information and freely elect to work with Cecily Armstrong in the above described manner. I freely give my consent with my signature below.

Printed Name _____

Signature _____ Date _____

