

INFORMED CONSENT FOR ENERGY THERAPY/LIFE COACHING

IMPORTANT INFORMATION - *Please read carefully*

ENERGY PSYCHOLOGY is a method of healing emotional and physical distress by utilizing the body's energy systems. It is based on the belief that the cause of all negative emotions is a disturbance in the body's energies. 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. IT IS HIGHLY ADVISABLE THAT YOU BE UNDER A DOCTOR'S CARE FOR ANY PHYSICAL PROBLEMS. Because these methods are relatively new, the extent and breadth 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 as well as additional unresolved memories.
- Emotional material may continue to surface after a session and give indication of other events that may need to be addressed.

Evidence is mounting 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. (www.energypsych.org) I understand that even as the clinical effectiveness of these methods is scientifically established, results will vary from person to person. Side effects and abreactions are rare, and can include fatigue, headache, the surfacing of repressed memories, and unexpected emotions. PLEASE FEEL FREE TO CONTACT ME IF YOU HAVE ANY OF THESE REACTIONS OR IF YOU HAVE QUESTIONS.

During in-person sessions, one of the techniques utilized involves muscle testing to determine if a specific muscle stays firm or loses strength when a particular thought, emotion, or problem state is brought to mind. The practitioner will ask me, "Is it okay for me to touch you?" and I always have the option of saying "No." My body will always be fully clothed.

For the practitioner's own supervision and/or teaching, disguised case studies may be shared in those contexts. *Identity of the client will remain confidential.*

POLICIES AND FEES

About me: I am a Licensed Professional Counselor and an Energy Psychology Life Coach certified by both national and international organizations. I am a Trainer of Trainers through EFT International (<https://eftinternational.org>), and a Diplomate in the Association for Comprehensive Energy Psychology (www.energypsych.org). As an EFT Founding Master I have studied and taught nationally and internationally since 1995.

Office Hours: Regular appointments are scheduled from 7:00 a.m. to 4:00 p.m. Eastern time. I can also be available early mornings or on weekends. The initial appointment lasts for an hour and a half. Future sessions are an hour in length, but you should plan on an hour and a half in case we need to go over the scheduled time, or in the event you need some time to regroup and integrate after your session. If we are in the middle of a protocol near the end of the hour, we will take the extra time to finish it to ensure your wellbeing. You will not be charged for this extra time. If the session seems to be going more than 15 minutes over the allowed time I may ask if you wish to extend the session to 1½ hours. The charge for this will then be pro-rated. Sessions of any length may be scheduled. I am happy to conduct sessions by FaceTime or Zoom, but please note that these forms of communication are not HIPPA compliant and may not be 100% secure.

Fees: The charge for an initial intake session in Energy Psychology is \$190 and it will take a full hour and a half. Future sessions are at the reduced price of \$125. Packages of 6 sessions for \$625 are available upon request. Please plan to pay at the time of service. At this time, I am not set up to take credit cards, however I do use Venmo, which is my preference. You may also pay with cash or check. International clients can pay via Paypal using a credit card, for which Paypal charges an additional fee. Thank you.

If you have questions or need help between sessions, I will gladly schedule an extra appointment for you at the next possible opportunity, or we can set a time to do a mini phone session in 15-minute segments at the cost of \$35. per segment. (207-604-8366). I am always screening calls, so be sure to leave a message. I receive text messages more quickly than any other form of communication. Please feel free to email (nlgnecco@gmail.com) or send me a text at 207-604-8366 as well. I am happy to read emails and will respond. Please note that I only check email once each day.

Confidentiality: I am mandated to report if a clients expresses a plan to hurt themselves or someone else. Records and notes are confidential unless legally subpoenaed. Otherwise, all information is kept confidential. I do occasionally discuss sessions that I've conducted with my supervisor for mentoring purposes, however *personal information is always kept confidential.*

In case of an emergency, please go to the nearest Hospital Emergency Room or call **Crisis Response at 1-800-568-1112**

Technology Statement

In our ever-changing technological society, there are several ways we could potentially communicate and/or follow each other electronically. It is of utmost importance to me that I maintain your confidentiality, respect your boundaries, and ascertain that your relationship with me remains therapeutic and professional. Therefore, I've developed the following policies:

Cell phones, Text Messaging and Email: It is important for you to know that, although I have never experienced a problem, cell phones, texts and emails may not be completely secure and confidential. However, I realize that most people have and utilize a cell phone. I may also use a cell phone to contact you. If this is a problem, please feel free to discuss this with me. I will respond to texts and email. I only check email once a day, so please feel free to text me for a more immediate response.



I have thoroughly considered all 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 Energy Psychology Life Coaching.

- The purpose of Energy Psychology has been explained to me, and I understand that, with permission, gentle touch may be used in an in-person session for the purpose of diagnosis or treatment.
- By my signature below, given freely and without pressure from any person, I consent to the use of these methods in my session, recognizing that I may opt out of any intervention.
- I understand that the practitioner conducting this session is not a licensed medical practitioner, nor does she offer psychiatric care. I acknowledge that the practitioner does not diagnose or treat a specific condition or disease.
- I agree to hold harmless the practitioner conducting the Energy Psychology session.
- I have been given a copy of this consent form to keep, and I have signed a copy for Nancy Gnecco, M.Ed., LPC.
- Except in the case of gross negligence or malpractice, I, or my representative(s), agree to fully release and hold harmless Nancy Gnecco from and against any and all claims or liability whatsoever kind or nature arising out of or in connection with my sessions.
- I agree to be an active participant in this Energy Psychology/Life Coaching process and I see myself as a partner, taking responsibility for any experience, acknowledging that my well-being depends upon how well I care for myself physically, emotionally, mentally, and spiritually.

Please print name _____ Date _____

Signature _____