

INFORMED CONSENT & AGREEMENT FOR SERVICES

Contact me with any questions.

BRIEF DEFINITION, DESCRIPTION, THEORETICAL BASIS, & GOALS OF EFT (see Disclaimer*)

EFT (Emotional Freedom Techniques) is a gentle, noninvasive, complementary, energy-based approach to health and wellness that can promote relaxation by decreasing stress hormones such as cortisol. The techniques stimulate the body's energy meridians, using your own hands, placed on and tapping lightly on acupuncture points that lie along these meridians, on the face, head, chest, hands, and fingers, while mentally focusing on a life issue that is bothersome for you in some way. This process can be done alone, but can be more effectively guided and coached by an EFT Practitioner.

Touch (Tapping on your own meridian points) can also be a potential problem in a healing relationship if you have had a history of paranoia, have been diagnosed with borderline personality disorder, have been sexually or physically abused, have suffered from other types of trauma, or if you tend to dissociate or detach from your sense of self.

Prior to starting our work together, please let me know if you fall into any of these categories. We can discuss any emotional risks associated with touch that may be of concern to you. Furthermore, if you have any misgivings, doubts, or any negative reactions to any physical contact, it is very important that you let me know as soon as possible so that we can discuss your concerns. If you are uncomfortable talking to me, I encourage you to talk through such concerns with another professional. If you wish, I can make a referral for you.

EFT personal work and coaching are not intended to diagnose, prevent, treat, or cure any medical or psychological issues, conditions, or diseases, but can be used in an effort to complement and support traditional healthcare by licensed healthcare providers who are caring for and treating you.

While EFT (Emotional Freedom Techniques) has been documented to produce remarkable clinical results in many well-designed clinical studies, it must still be considered to be in the experimental or Complementary & Alternative stage; therefore, clients must take complete personal responsibility for their use of it.

You are responsible for deciding whether to consult with licensed healthcare practitioners regarding your use of EFT, and for informing me of any advice or treatment plan that they recommend.

I do not interfere with any care, treatment, instructions, or prescriptions from your licensed healthcare providers.

EFT coaching is not psychotherapy. The client is always in control, with coaching by the practitioner, on a peer-to-peer basis, with no power differential, to identify personal goals for the session or series of sessions. The practitioner coaches the client in using EFT techniques to calm their body while focusing on distressing issues, usually resulting in positive shifts in outlook and Core Beliefs that underlie the issue. Coaching does not diagnose or treat, but uses the client's own self-assessments and coaches and teaches self-help techniques.

POSSIBLE BENEFITS (see Disclaimer*)

Benefits, starting with the first session, can range from very subtle to very noticeable. These can include noticing that you have a general improvement in overall wellbeing and quality of life, sleep better, are more relaxed and peaceful, are less worried or distressed by the issue that we worked on and/or other issues that we did not even discuss, or that life just flows with more ease, more synchronicity and less effort.

POSSIBLE RISKS & DISADVANTAGES (see Disclaimer*)

It is possible, particularly for clients with a history of severe trauma or a pre-existing psychiatric or psychological condition or diagnosis, that a mental health consultation may become necessary as a result of issues that the session brings up for you. If this occurs, and you are not already under the care of a licensed mental healthcare provider, I will assist you in locating one.

You are responsible for providing me with your physical address and the phone number of an immediate local contact to use in the rare event that you are severely overwhelmed by an emotional reaction, and I am unable to help you to recover from it during the session. Although most clients experience improvements, positive benefits are not guaranteed. It may take more time than you would like to experience results. Most clients improve best with a series of sessions and/or regular maintenance sessions, with benefits increasing over time. Occasionally, short-term issues can resolve in one session.

But most issues developed over a long period of time, so they need more than one session, as well as homework in between coaching sessions, including self-administered EFT techniques instructed by your coach, journaling about your issue(s), etc., in order to reach a lasting level of significant improvement.

This can be a worthwhile, life-long practice to start; but some clients may be discouraged that results don't happen as fast as they would like. You may feel as if nothing is happening and that the session was a waste of time and money; often at these times, some shift in your attitude or the issue will occur some hours after the session.

EFT as well as other energy related modalities can and usually do result in changes in the flow of the energy within the body. When an individual has a significant shift in the flow of the energy within their body, it can but not always cause temporary emotional and/ or physical symptoms. This is known as processing. If the symptoms occur, they usually do not last for long periods of time. It varies with each individual. For example, you may wake up the next day and feel like you have flu-like symptoms or you may be more emotional. This is your body's way of processing from the energy fluctuations. Processing is part of engaging in energy work.

If your issue provides you with a conscious or subconscious secondary gain, the issue will either (1) not be easily overcome or (2) cause you to no longer have the secondary gain that it was providing for you, if you overcome the issue.

One specific circumstance where this might affect you is if you are involved in legal proceedings based on your having been traumatized. Since the goal of our work together is for your body to heal some of the physical and emotional aftermath of the trauma, which could adversely affect your ability to provide legal testimony that carries the same impact as it would if your issue(s) remained unimproved.

Online video sessions carry the risk of poor and/or interrupted internet connection for a variety of reasons, which may affect the effectiveness or value of the session. Misunderstandings are possible when both parties are in different physical locations. With text-based modalities and real-time internet chat, since non-verbal cues are relatively lacking, and video chat software bandwidth is always limited and images lack detail.

Coaches are observers of human behavior and gather much information from body language, vocal inflection, eye contact and other non-verbal cues, which requires patience with the process and requests for clarification of information if either you or your coach is uncertain if they have been understood.

* DISCLAIMER

- This information about EFT is based on information from sources believed to be accurate and reliable, but the accuracy and reliability cannot be guaranteed and is not guaranteed. - Christine Martinez, owner of Light the Way Coaching, in her EFT coaching practice (a) does not make any representations, warranties, or guarantees that any of the information on this consent form or on her website Light the Way Coaching.net, or conveyed during an EFT coaching session, will produce any particular medical, psychological, physical, or emotional result; (b) is not engaged in the rendering of medical, psychological, or other advice or services, (c) does not provide diagnosis, care, treatment, or rehabilitation of any individual, and (d) does not necessarily share all of the views and opinions expressed in various publications and teachings regarding EFT.

- EFT coaching has not undergone evaluation and testing by the United States Food and Drug Administration or similar agency of any other country and is not intended to diagnose, treat, prevent, mitigate, or cure any disease.

- All risks that might be incurred by any particular client during and after an EFT session are not known.

- Clients who consent to free or paid EFT sessions from Christine Martinez at Light the Way Coaching do so with as fully informed consent as it is possible to provide.

-The information provided is on an “as is” basis without any warranties of any kind, express or implied, whether warranties as to use, merchantability, fitness for a particular purpose or otherwise.

-Christine Martinez and her successors, attorneys, agents, and other parties related to them (a) expressly disclaim any liability for and shall not be liable for any loss or damage, including but not limited to use of the information in this Informed Consent form, on the website Light the Way Coaching.net, or conveyed in her free or paid EFT coaching sessions; (b) shall not be liable for any direct or indirect compensatory, special, incidental, or consequential damages or costs of any kind or character; (c) shall not be responsible for any acts or omissions by any party, including but not limited to any party mentioned or included in the information or otherwise; (d) do not endorse or support any material or information from any party mentioned or included in the information or otherwise; and (e) will not be liable for damages or costs resulting from any claim whatsoever. -The within limitation of warranties may be limited by the laws of certain states and/or other jurisdictions and so some of the foregoing limitations may not apply to the reader who may have other rights that vary from state to state.

-If the reader or client does not agree with any of these terms, the reader or client should not use the information in this form or website, sign the form, or receive EFT coaching services from this practitioner or company. A reader who does so will be deemed to have accepted the provisions of this disclaimer.

-----End of Disclaimer-----

CONFIDENTIALITY

While I am connected with you during our online sessions, I will be alone in a room with the door closed. I will disclose information about our work together only with your written authorization requesting it to be shared with your chosen licensed healthcare provider. Everything discussed in sessions is confidential with certain exceptions mandated and/or allowed by state and federal law and professional ethics, such as:

1. There are some situations in which I am legally obligated to take action to protect others from harm, even if I have to reveal some information about a client's treatment. For example, if I believe that a child, an elderly person, or a disabled person is being abused, I must file a report with the appropriate state or local agency.
2. If I believe that a client is threatening serious bodily harm to another, I am required to take protective actions. These actions may include notifying the potential victim, contacting the police, or seeking hospitalization for the client.
3. If I believe that you are in imminent danger of harming yourself, I may legally break confidentiality and contact the police, a local crisis team, or a family member or other intimates.
4. If you tell me of the behavior of another named health or mental health-care provider that suggests this person has either (1) engaged in sexual contact with a patient, including yourself, or (2) is impaired from practice in some manner due to cognitive, emotional, behavioral, or health problems, then the law requires me [this particularly varies by state] to report this to the practitioner's state licensing board. I would inform you before taking this step. If you are my client and are also a health-care provider, however, your confidentiality remains protected under the law from this kind of reporting.
5. In certain legal proceedings, particularly those involving child custody or those in which your emotional condition or treatment is an important issue, a judge may order my testimony. Confidentiality is not protected when a judge makes such an order or in certain other legal procedures. Consult with an attorney if you are involved in a legal situation in which such confidentiality may be at issue.
6. If I am asked to provide services to your spouse, partner, or another member of your family, we will in advance establish the limits of confidentiality. Generally, it confines a practitioner's effectiveness when required to keep secrets, so my policy in most circumstances is that what you say and what we do can be shared with other family members I am working with. If this is what we establish, do not tell me anything you wish kept secret from other intimates who are receiving sessions from me. If confidential information is a concern, it may be better for each family member to work with a different practitioner.

7. I may occasionally find it helpful to seek consultation or supervisory services from other EFT professionals about a client. During a consultation, I make every effort to avoid revealing the identity of the client. The consultant is also bound to keep the information confidential. If you don't object, I will not tell you about these consultations unless I feel that it is important to our work together.

Although this written summary of exceptions to confidentiality should prove helpful in informing you about potential problems, please discuss with me any questions or concerns you may have. I will be happy to explore these issues with you, but formal legal advice may be needed from an attorney because the laws governing confidentiality can be quite complex.

MINORS

If you are under eighteen years of age, please be aware that the law may provide your parents or legal guardians the right to examine my records of our work together. It is my policy to request a written agreement from parents to waive their right to access your records. If they agree, I will provide them only with general information about our work together unless I feel there is a high risk that you will seriously harm yourself or someone else. In this case, I will notify them of my concern. Before giving them any information, I will discuss the matter with you, if possible, and do my best to handle any objections you may have about what I am planning to discuss.

Be aware that texts, phone calls, emails, and online video call connections may not be secure and that by signing this form and/or initiating any of those forms of communication with me, you acknowledge and accept this risk.

At times, I will ask you to give me permission to record our session(s), audio and/or video, particularly during my period as a student in the certification program, to be used either (1) for your own replay or (2) for my education and training.

I will delete these after I send you any recordings that you have requested and/or after I no longer need to use them for my certification program. You will be asked to allow video and/or audio recording, or refuse recording, with your check-box choice in the Informed Consent form.

I will also always ask for your verbal consent immediately before each time that I begin a recording. Any discussion with my mentor, consultant or supervisor about the work we do together will be anonymous, with only your initials used to refer to you.

Audio and/or video recordings will possibly be shared only with my mentor and perhaps other instructor(s) in my certification program, for teaching and training purposes. I will take notes during our sessions and store those written records of our sessions in a secure manner for the duration of time required by law.

EDUCATION, EXPERIENCE, & CREDENTIALS

I currently have a Bachelor's degree in Marketing from The University of Texas in Austin. I have a Master's of Business Administration from the Executive program at OLLU in San Antonio, Texas. I have extended experience in handling all types of problems, especially emotional ones since I have been a Senior care manager for over 20 years. I have been a Spiritual life coach professionally since 2009. However, I have been using my spiritual gifts since 2004. I mentored under my spiritual life coach for 16 years. When performing an EFT session, I will be using my spiritual gifts as well. It should be noted that EFT and Spiritual Life Coaching are not regulated professions in any state in the United States.

Signature _____

Date _____