



## **Informed Consent Agreement for Intuitive Healing Sessions**

### **Introduction:**

This agreement is designed to inform you of the nature of Energy Work (Reiki) and Shamanic Healing and your rights as a participant. This consent will provide a clear framework for our work together. Please read this document carefully before you sign it. Feel free to discuss any of this with me before or during our session.

### **Description and Consent for Energy Work:**

Energy Work is a complementary intuitive medical art that works well alone, as well as in conjunction with other treatments. I may provide those other treatments or you may receive them from other providers. Healing is often the result of gentle shifts in awareness, release of emotional patterns, self-reflection, achievement of new understanding, open-mindedness, and daily practice. Energy work is not a replacement for traditional medical treatment and only as powerful as you believe it to be.

I understand that Energy Work is a relaxation and stress reduction technique. I acknowledge that treatments administered are only for the purpose of helping me relax and to relieve stress. Other benefits of emotional and energetic clearing may arise, but that is not always the case. Energy Work practitioners do not diagnose any health conditions, nor do they prescribe substances or perform medical treatment, nor interfere with the treatment of a licensed medical professional and are not licensed by the state of New York. I further understand that Energy Work treatment received from Rising Phoenix Intuitive Wellness LLC is not to be construed as a substitute for medical examination, diagnosis or treatment. It is recommended that I see a licensed health care professional for any physical or psychological ailment I may have. I may choose to work with Rising Phoenix Intuitive Wellness for mental health treatment (Intuitive Healing Sessions), or work with another provider. It is not necessary to work with Rising Phoenix Intuitive Wellness LLC for any other services, including Intuitive Healing Sessions if I want to receive Energy Work, as Energy Work is its own individual practice. I also understand that Energy Work is an energetic healing methodology, which involves the laying on of hands if done in an in-person session. If an in-person session occurs, I understand that I will be fully clothed during the session, and experience a series of



hand positions on and/or above my body. If a distance session occurs, I understand that it is suggested I am alone and away from interruption for the duration of the treatment.

Having read, completed and understood the foregoing, I request to receive Energy Work treatment from Rising Phoenix Intuitive Wellness LLC. I understand that my practitioner is providing Energy Work treatment for me at my request, and is not responsible for the outcome of the Energy Work session. I agree to hold Rising Phoenix Intuitive Wellness LLC harmless for any intended or unintended result.

Signature: \_\_\_\_\_

Printed name: \_\_\_\_\_

Date: \_\_\_\_\_

### **Description and Consent for Shamanic Healing and Shamanic Journeying:**

In Shamanic Healing, the Shamanic Practitioner directs and moves energy of the body and aura to restore the harmony within the individual, between the individual and their immediate surroundings/community, and between the community and the spirit world. The Shamanic Practitioner may serve the individual by removing energies that are inappropriately present within the auric field, or by returning energies that have been lost. At times, an event called a "soul retrieval" may occur during a session, but this is not always guaranteed. It is not possible for the Shamanic Practitioner to remove all energies, even if they do not belong, if they still serve a purpose in this incarnation or if the individual is unwilling. Some individuals have soul contracts that create a binding to specific energies. Consent and willingness to remove these energies is required, and not everyone has this desire or ability. This includes soul retrieval to accomplish healing via the return of lost parts of the soul.

The practitioner will bring you into a deep trance through guided physical relaxation, connection with the breath, and very vivid, detailed imagery. This practice brings the unconscious bits of your mind to a conscious place so you can more easily heal yourself and live a more peaceful, successful, satisfactory, or surprising life. The



practitioner may use tools, such as drumming, rattles, singing bowls, bells, clapping, the elements, energy work, chanting, animal/guttural sounds, and suggested somatic movement during a session to help energies move more smoothly. Shamanic Practitioners move intuitively, so every session may look different from the next. Channeling of ancestral knowledge or divine knowledge may occur but is not promised. The creation of an altar may take place if the Practitioner and individual desire, but is not required for a positive outcome. Education of the energy bodies (chakras) and defenses often take place during a session. If the client has any questions during the session, they are free to ask at any time. Clients have the right to terminate a session at any time, as well as communicate if they are uncomfortable.

Recording of sessions is allowed with both parties consent. Shamanic Healing may take place in person in a mutually chosen location, or virtually for distance healing. For online sessions, a recording is offered at the beginning of each session. It is known that no particular license or certified training is required to become a Shamanic Practitioner in New York State. It is understood that Alyssa VanBramer of Rising Phoenix Intuitive Wellness LLC is not formally trained or certified as a Shamanic Practitioner, but rather developed her knowledge and skills from a decade worth of personal healing, self-exploration, self-led literature reading, and hands on experience with trained Shamans. Alyssa is a gifted clair and psychic intuitive with indigenous ancestral background that she calls upon for her sessions. She cannot medically diagnose or treat any conditions. It is not suggested that Shamanic Healing take the place of any medical treatment or intervention, and it is not promised to act as a "cure" for any health conditions. Having read, completed and understood the foregoing, I request to receive Shamanic Healing from Rising Phoenix Intuitive Wellness LLC. I understand that my practitioner is providing Shamanic Healing for me at my request, and is not responsible for the outcome of the Shamanic Healing session. I agree to hold Rising Phoenix Intuitive Wellness LLC harmless for any intended or unintended result

Signature: \_\_\_\_\_

Printed name: \_\_\_\_\_

Date: \_\_\_\_\_