

# THREE ARMS ENERGY BALANCING, LMSW, PLLC

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## CLIENT INFORMED CONSENT AND DISCLOSURE STATEMENT AGREEMENT FOR SERVICES

Welcome! Thank you for your interest in working with me as a client. I am providing you with the following information so you can make an informed choice about your decision to have sessions with me. Please read this information carefully and let me know if there is any part you do not understand.

### Psychotherapy/Wellness Services Offered

I offer an integrative holistic approach to psychotherapy and wellness, working with clients in a number of areas including, emotional disturbances, a wide variety of life issues, overall health and wellness, and spiritual transformation. My focus with a client is to work with the whole person, using a variety of energy oriented methods based on the emerging fields of energy psychology and energy medicine (collectively "Energy Methods"). The Energy Methods can be applied a variety of ways such as through light hands-on touch, meridian tapping, sound, and vibration, and they are designed to restore the balance of energy within the body, mind, and spirit of the client. Some of the Energy Methods I offer include *Reiki*, *Emotional Freedom Technique*®, *Thought Field Therapy*®, *Integrated Energy Therapy*®, *Emotion Code*®, *Acutonics*® *Tuning Forks*, *Crystal Bowl Sound Healing*, *Aura-Soma*®, *E.D.I.N.A*, *BioGenesis*® *Healing Tools*, *the Havening Techniques*®, *Inner Solutions*® *Vibroacoustic Sound Mat*, *Trinfinity8*®, and the *Soul Detective*®: *Multidimensional Healing Tools*.

The approaches I use with a client are based partly on the nature of the presenting complaint(s) as well as the goals and preferences of the client. My intent is to help you release challenges that no longer serve you, for you to know more about yourself and your circumstances, and to promote healing. My goal is to support you in examining and creating beliefs that make it possible for you to reach the level of success you desire and to assist you in ways to cope with difficulties. You understand you will be learning how to perform personal self-care by working with your own energy system. For more information about the theoretical approaches I offer in my practice, please review my website [www.threearms.com](http://www.threearms.com) and the **Additional Client Information** which is attached hereto.

Although the Energy Methods appear to have promising emotional, spiritual and physical health benefits, these approaches have yet to be fully researched by the Western academic, medical, and psychological communities and therefore, may be considered experimental and the extent of their effectiveness, as well as their risks and benefits, are not fully known. By signing this document you understand that the Energy Methods are considered *alternative* or *complementary* to the healing arts that are licensed by the State of New York and the State of New York does not license practitioners of the Energy Methods. If you ever have questions or concerns about the nature of the theories, methods, approaches and/or techniques I use, please feel free to ask me for further resources or references.

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## **Outcome Expectations/Risk & Benefits**

Please note that it is impossible to guarantee any specific results regarding your goals using any of the approaches I offer in my practice, and we do not know how you will personally respond to any of them. In addition, it's not possible to fully anticipate what reactions you may experience during your session(s). However, we will work together to achieve the best possible results for you.

### **Integrated Psychotherapy**

If your sessions include psychotherapy, then participation in therapy can result in a number of benefits to you, including improving interpersonal relationships and resolution of the specific concerns that led you to seek therapy. Psychotherapy also requires your very active involvement, honesty, and openness in order to change your thoughts, feelings and/or behavior. I will ask for your feedback and views on your therapy, its progress, and other aspects of the therapy and will expect you to respond openly and honestly. Sometimes more than one approach can be helpful in dealing with a certain situation. As with any intervention, there are risks associated with counseling and therapy. Risks during evaluation or therapy might include remembering, talking about, or experiencing unpleasant events which results in uncomfortable levels of feelings like sadness, guilt, anxiety, anger, frustration, worry, etc., or experiencing anxiety, depression or insomnia, etc., or having difficulties with other people. Being confronted with your difficulties can be very challenging. Sometimes seeing how deep a problem goes may initially increase your disturbance level around the problem and bring the realization that you need to let go of a job, a circumstance, or a harmful relationship.

### **Energy Balancing Work**

Most clients report positive outcomes using the Energy Methods and often say they feel peaceful and deeply relaxed after a session. Many clients also report an improvement in the issue(s) that they came to the session to work on. While the Energy Methods I use are gentle and considered non-invasive, it is possible in our sessions together or on your own between sessions, to experience some physical discomfort or emotional distress after your energies have been stimulated and adjusted. Occasionally, some people have experienced dizziness, nausea, or anxiety as occasional side-effects from energy work. If any technique is uncomfortable or does lead to distress or discomfort, please tell me at once. If you are integrating the Energy Methods with your psychotherapy or if you are using the Energy Methods only for wellness, please be advised it's possible that unresolved memories may surface causing distress which could be perceived as negative side effects. Also it's possible to experience some emotional or physical discomfort related to stressful or traumatic experiences you have had earlier in your life which could be also be perceived as negative side effects. Emotional material may continue to surface after a session and give indication of other incidents that may need to be addressed. Also please be advised that in using the Energy Methods, it's possible that previously vivid or traumatic memories may fade which is a positive outcome. However, this could adversely impact your ability to provide legal testimony that carries the same emotional impact as prior to applying the Energy Methods.

## **Other Important Information**

Please be advised the approaches I offer are not intended to be a substitute for medical diagnosis or treatment and they do not replace the services of a licensed physician. You agree and understand it is your responsibility to consult with your physician for any specific medical problems. Further, you understand I may suggest you contact your physician if I believe it is advisable. In addition, you understand that any information shared during our sessions is not to be considered a recommendation that you stop seeing your physician or using prescribed medication, if any, without consulting with your

Physician, even if after a session it appears and indicates that such medication or treatment is unnecessary.

**Acknowledgment and Consent to Receive Services**

By signing this document and any attachments hereto, you agree that I have disclosed to you sufficient information to enable you to decide to undergo or forgo any of the services I offer. You understand that you are freely choosing to take advantage of my services and would otherwise have the option of using conventional health care services exclusively, provided by another professional health care provider of your choosing. You understand that your consent to the nature of our sessions is given voluntarily, without coercion, and may be withdrawn at any time in the future.

You understand if you choose to use any of the Energy Methods as part of our work together, that they are a relatively new healing approaches and the extent of their effectiveness, as well as their risks and benefits are not fully known and you agree to assume and accept full responsibility for any and all risks associated with using any of the Energy Methods. Further, you agree and understand that this Agreement for Services is intended to be a complete unconditional release of liability and assumption of risk to the greatest extent permitted by law.

You represent that you're competent and able to understand the nature and consequences of our proposed sessions and agree to be personally responsible for the fees related thereto. You have read and understand the above disclosure about the services offered by me and my training and education and you have discussed with me the nature of the services to be provided.

By signing in the space provided below, you knowingly, voluntarily, and intelligently assume these risks and except in the case of gross negligence or malpractice, agree to release, indemnify, hold harmless and defend Three Arms, LMSW, PLLC its owners, members, principals, employees, staff members, agents, representatives, consultants and others associated with Three Arms, LMSW, PLLC from and against any and all claims or liability, of whatsoever kind or nature, which you, or your representatives, may have for any loss, damage, or injury, including without limitation, physical, emotional, mental, financial, or personal, arising out of or in connection with your sessions.

You acknowledge that we have discussed and you understand, agree and have received a copy of my **Additional Client Information** and **Office Policies & Procedures** both of which are attached hereto and incorporated herein by reference. Please sign both copies of this Client Informed Consent and Disclosure Statement/Agreement for Services and initial each page. I will retain a copy for my confidential records.

\_\_\_\_\_  
Client's Signature

\_\_\_\_\_  
Date

Print Name: \_\_\_\_\_

I am the parent or legal guardian of the above-named minor, and I consent to and join in the foregoing Agreement on behalf of said minor.

Signed: \_\_\_\_\_

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

Print Name: \_\_\_\_\_

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## ADDITIONAL CLIENT INFORMATION

### Education and Training

I'm a Licensed Master Social Worker in the State of New York. I earned my B.A in education from the University of Denver and graduated with honors from Adelphi University, Garden City, New York with a Master of Social Work degree.

Diplomate, Comprehensive Energy Psychology from the Association for Comprehensive Energy Psychology; Certified in Emotional Freedom Technique; Master in Usui Reiki, Master/Teacher of Integrated Energy Therapy®, Certified Practitioner and Trainer of Soul Detective® Method, Certified Havening Techniques® Practitioner, Practitioner in BioGenesis® Healing Tools, Practitioner in Acutonics® Tuning Forks *Level 1*, *Crystal Bowl* Sound Therapy, Certified in Emotion Code and Aura-Soma® Practitioner.

### Use of Touch

Some of the Energy Methods I offer such as Reiki, IET, and the Havening Techniques can either be light hands-on touch or hands-off where I hold my hands slightly above the body. Acutonics® and BioGenesis touch certain points on the body. Clients rest comfortably fully clothed either on a massage table or in a comfortable chair. In addition, I may use Manual Muscle Testing (MMT) to assess energy polarity as part of an energy balancing protocol such as the Soul Detective Method. To use MMT, I press lightly on your wrists to assess polarity. You will be instructed to “tap” on certain meridian points on your head, hands and upper torso. Under rare circumstances if you do not want to tap for yourself or if you are not able to tap for yourself, you may ask me to “tap” for you. I will ask for and receive permission from you prior to me tapping on your body. I will explain to you what I am doing and why, and will ask your permission before touching your body. If you have any reservations about physical touching as described above, please bring this to my attention immediately. We can always substitute other methods that do not involve touch. You understand you have a choice about these techniques that involve touch.

### Theoretical Approaches

#### Reiki

Reiki is an energy healing art with its roots in Japanese origin. The word Reiki comes from the Japanese word (Rei) which means “universal” and (Ki) which means “vital life force energy”. Reiki is not affiliated with any particular religion and it is not massage. It is a subtle and effective form of energy work using guided life force energy believed to help reduce stress and accelerate the healing

process. Reiki incorporates the use of the human hand as the tool for moving and harmonizing the body's energies and fields. A Reiki session can be either hands-on where I apply a light touch or hands-off where I hold my hands slightly above the body.

### **Energy Psychology**

Energy psychology is a collective term used to refer to a variety of treatments based on the use and modification of energy fields that look at imbalances within the person's energy system as well as the energetic influence of thoughts, beliefs, and emotions on the body. The theory of energy psychology is that the flow and balance of the body's electromagnetic and more subtle energies are important for physical, spiritual, and emotional health, and for fostering well-being. Two of the energy psychology methods I offer are Emotional Freedom Technique (EFT) and Thought Field Therapy (TFT). EFT and TFT use the ancient Chinese meridian system with a gentle tapping procedure which stimulates designated meridian end points on the face and body while focusing on issues of emotional intensity in order to release the intensity and reframe the issues

[www.energypsych.org](http://www.energypsych.org)

### **Integrated Energy Therapy®**

Integrated Energy Therapy (IET) is also a hands-on energy therapy system that is designed to help resolve and release emotional issues. The premise of IET is that it uses the violet angelic energy ray, as brought to us through the nine Healing Angels of the Energy Field, to work directly with one's 12-Strand Spiritual DNA. IET is described as a gentle and non-invasive technique believed to release limiting energy patterns of one's past, thereby empowering and balancing life in the present.

[www.learniet.com](http://www.learniet.com)

### **Soul Detective®: Multidimensional Healing Tools**

Most psychotherapy deals only with issues at the emotional and mental levels. The premise of Soul Detective work is that it traces issues to their origin, which may come from the spiritual level or the interface between the spiritual and mental levels, called the intuitive level. It is believed this is where ancestral wounds, soul loss, past life trauma, vows, energetics cords, dark energies, detrimental implants and earth bound attachments can be found. By tracing issues to their origin, the Soul Detective method may help to resolve and heal trauma and other emotional disturbances. The Soul Detective method incorporates several energy psychology methods designed to help clients resolve the spiritual aspects of emotional disturbances and to assist them in regaining autonomy so they can fulfill their soul's mission. [www.souldetective.net](http://www.souldetective.net)

### **The Havening Techniques®**

The Havening Techniques (Havening) are described as a type of psychosensory technique based on the fields of neuroscience and neurobiology which uses sensory input in order to alter thought, mood, and behavior. It is believed that when an event or experience is perceived as traumatic or stressful it becomes immutably encoded in the psyche and the body, often with life altering consequences. Havening is designed to make changes in the brain in order to de-traumatize and remove from both the psyche and the body the emotional memory of a traumatic or stressful life event and its negative effects. Therefore, Havening is a modality that is designed to help individuals overcome problems that are the consequence of traumatic or stressful encoding and is comprised of protocols that use touch as a therapeutic tool. If you have are having an in office session and have any reservations about physical touch, please let me know so you can use Havening self-touch during your session. [www.havening.org](http://www.havening.org)

### **Acutonics® Tuning Forks**

The Acutonics Healing System is an energy-based non-invasive treatment that is similar to acupuncture. Precision calibrated tuning forks are applied to specific acupuncture and acupressure points on the body to access the body's meridian and chakra energy systems. Applying the forks is believed to stimulate and balance the body's physical and subtle energy field to promote healing and inner harmony. [www.acutonics.com](http://www.acutonics.com)

### **BioGenesis® Healing Tools**

BioGenesis is a technology that is believed to be over a million years old and was re-introduced to Earth in 1999 by an Atlantean Ascended Master, Lantos. The BioGenesis® Tools are designed to help restore harmony to all levels of your life, as well as your home or workplace. BioGenesis® involves a 100% pure white light energy or the Light of Creation, which is instilled into pure glass tools. These glass tools then are believed to radiate that energy to their environments. Each tool uses the same energy, but the design of the tools determines how that energy is to be used. All BioGenesis® tools hold the same Light of Creation energy. However, they come in different sizes, shapes: wheels, and pendants and different colors. Each particular shape and color determines which physical, emotional, mental, spiritual, or environmental factor that specific tool is meant to help. During a session, you lie down on a massage table – fully clothed – and BioGenesis® tools (particular to your needs) will be placed down the midline of your torso, forehead, arms and legs. Other BioGenesis® tools will be swept across your “energy field” three inches above your body. [www.biogenesisglobal.com](http://www.biogenesisglobal.com)

### **Aura-Soma® Method**

Aura-Soma is considered a non-intrusive holistic natural healing method that makes use of the vibrational powers of color, crystals, and natural aromas combined with light designed to harmonize body, mind, and spirit. Aura-Soma means "etheric body-physical body." The etheric body, or aura, is an electromagnetic field that clairvoyants see as colored rays emanating from the spine. Clients seeking healing choose the color bottle that they are drawn to; the practitioner sprays it on her own hands and moves it through the client's aura. By choosing a color, it is believed a client is re-establishing the aura to his/her natural rainbow, making it possible to balance to his/her aura and the light bodies. [www.aura-soma.net](http://www.aura-soma.net)

### **Emotion Code®**

The Emotion Code is a simple, easy and a fast method to find emotional baggage stuck from past traumatic experiences in our life (using muscle testing/dowsing), give it “space” to process properly and then release it. Our emotional baggage of the past holds energy in our body and body’s energy fields. If these “unprocessed emotional energies” remain in or on our body and become “trapped” they may cause physical and additional emotional turmoil for years.

The Emotion Code was developed by Dr. Bradley Nelsen a holistic Chiropractic Physician and Medical Intuitive. <http://www.healerslibrary.com>

### **Trinifinity 8®**

Trinifinity8® represents a new quantum shift in the emerging science of algorithmic technology for rejuvenation and health. This unique software program was developed as a direct result of information brought back from a near death experience by Dr. Kathy Forti. Trinifinity8® is the first system of its kind to use a personal computer to deliver non-invasive rejuvenation programs based on mathematical codes, vibrational energies, and fractal formulations that are in harmony with core energetics that encompass all of nature. Trinifinity8® uses pure quartz crystal rods to directly deliver information to the body in a language it understands—math.

Trinifinity8® uses algorithms that give instructions to the body through numeric binary code to take you into a whole new dimension in healing. Quantum science understands that all of nature is influenced by numerical sequencing, with patterns that resonate and repeat in cycles of time. -

“Sacred Geometry”

Trinifinity8® is designed to increase awareness and to assist the individual in attaining a state of self-balance while working to restore vitality. Once to twice weekly sessions of 30-60 minutes is ideal. Results may vary depending on the individual and frequency of use. [www.trinifinity8.com](http://www.trinifinity8.com)

### **Inner Souolutions® Vibroacoustic Mat**

Vibroacoustic Therapy uses music which is felt in the body as well as heard through the ears. This is done at our office on a specially-crafted *Inner Souolutions®* Vibroacoustic Sound Mat placed on a massage table which vibrates and is synchronized with music through headphones to create a deeply relaxing calming experience. The expected duration of the treatment ranges from 20 to 30 minutes

#### **Contraindications:**

Vibroacoustic Therapy is experimental. At this time, there are no known risks and no unforeseeable risks to receiving the treatment. *However, Vibroacoustic Therapy is not advisable for those with the following medical conditions:*

1. ACUTE INFLAMMATORY CONDITIONS.
2. CLIENTS PRESENTING WITH PSYCHOSES.
3. PREGNANCY.
4. HEMORRHAGING OR ACTIVE BLEEDING.
5. THROMBOSIS.
6. HYPOTENSION.
7. PACEMAKERS.

<http://innersouolutions.com>

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## OFFICE POLICIES AND PROCEDURES

### Confidentiality

With the exception of special situations described below, I will keep our work together confidential. I cannot and will not tell anyone else what you have told me, or even that you are using my services without your prior written permission. You may direct me to share information with whomever you choose and you can change your mind and revoke that permission at any time. As a Licensed Master Social Worker, I am required by law to preserve the confidentiality of information I obtain from clients, except in the following circumstance:

1. Disclosure is required by Federal or state law or regulation.
2. If you become dangerous to yourself, I will take action to protect you which may include talking with family members and/or seeking hospitalization.
3. If you become dangerous to another person, I will take action to protect both you and the other person which may include informing the other person of the danger and informing the police.
4. Physical or sexual abuse of a minor, an elderly person, or a handicapped person is mandated to be reported to protected services, whether you are the person victimized or whether you are an adult involved in the abuse of a person in any of these categories.

### Sessions

The ***initial*** session is scheduled for 80 minutes in length. After the initial session, sessions are normally scheduled for 60 minutes in length unless prior arrangements have been made.

### Professional Fees

First session: \$200

Ongoing in-office sessions: \$100

If it's decided to meet for a longer session than 1 hr., your fee will be prorated at \$25 for each 15 minute interval. Three Arms LMSW, PLLC reserves the right to change its fees.

### Payment Policy

Sessions may be paid for by personal check or cash. *Checks payable to Three Arms, LMSW, PLLC*

### Payment and Billing

All fees are due and payable at the end of each office visit. Three Arms Energy Balancing, LMSW, PLLC accepts personal checks and cash.

## **Health Care Benefits**

My practice is self-pay, and I am not a provider on any insurance panels. In the event that you choose to use your health care benefits and my services are reimbursable under your insurance plan as an out-of-network provider, I will send you a statement with the dates of our sessions, the time length, and your diagnosis. The responsibility for filing with the health insurance company is yours. Even if you seek reimbursement from your insurance, the responsibility is still yours to pay for your sessions.

## **Explanation of Dual Relationships**

Although our sessions may be very intimate psychologically, it is important for you to know that we have a professional relationship rather than a social one. Our contact will be limited to sessions you will arrange with me. If you choose voluntarily to enroll in one of the various training classes I offer to the public or in the rare occasion we may bump into each other out of the office I will maintain your confidentiality. If you wish to extend a brief hello that is fine. Or, if you wish not to acknowledge the encounter that is fine as well. There have even been times when clients wish to introduce me to friends as their therapist and that is fine too. You will learn a great deal about me as we work together during your sessions but it is important for you to remember that you are experiencing me in my professional role. Ethical principles do not allow for dual relationships. This means that we cannot have a role as therapist/client and have another role such as you being my plumber or lawyer. It is unethical for therapists to have intimate personal relationships with clients. Sometimes patients/clients develop strong feelings about their therapist. There is nothing wrong with these feelings. In that event, they should be discussed as part of treatment. Under no circumstances is it ethical or helpful for them to be acted upon.

## **Cancellation Policy**

If you need to cancel an appointment, please *call 516-680-2463 at least 48 hours business hours in advance* of your appointment date otherwise you will be sent a cancellation bill by email or regular mail.

Revised 1/7/18