

# Heather Barna~Dowling Holistic Healing & Coaching

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone Number: (home) \_\_\_\_\_ (cell) \_\_\_\_\_

Email Address: \_\_\_\_\_

Would you like to receive occasional email updates? \_\_\_\_ Yes \_\_\_\_ No

How would you like to receive appointment reminders? \_\_\_\_ Text \_\_\_\_ Email

\*Please note that failure cancel within 24 hours may result in additional fees

Current Occupation/Employer: \_\_\_\_\_

How did you hear about us? \_\_\_\_ Google \_\_\_\_ Yelp \_\_\_\_ Print Ad \_\_\_\_ Vehicle Advertisement  
\_\_\_\_ Personal referral, please provide his/her name: \_\_\_\_\_

Have you ever received an energy healing therapy session? \_\_\_\_ Yes \_\_\_\_ No

How recently? \_\_\_\_\_

What type of session did you receive? \_\_\_\_ Reiki \_\_\_\_ Sound Vibrational Tuning Form Therapy  
\_\_\_\_ Crystal Therapy \_\_\_\_ Other, please explain: \_\_\_\_\_

Please briefly describe your experience with any previous energy healing sessions:

What is your reasoning for seeking energy healing therapy?

The following required information must be completed in its entirety, honestly and to the best of your knowledge:

What, if any, medical conditions are you currently receiving treatment for?

Please list all medications (over-the-counter and prescribed) and supplements that you are currently taking:

Please list all allergies or sensitivities, including smells:

Do you have or have you recently been in contact with any contagious illnesses or infections, including skin conditions:

\_\_\_\_ No \_\_\_\_ Yes, please explain: \_\_\_\_\_

Have you ingested any alcohol or illegal substances in the last 24 hours? \_\_\_\_ Yes \_\_\_\_ No

Can you comfortably lie on your back for an extended period of time? \_\_\_\_ Yes \_\_\_\_ No

Are you currently pregnant? \_\_\_\_ Yes \_\_\_\_ No

Do you have a pacemaker? \_\_\_\_ Yes \_\_\_\_ No

CONFIDENTIAL CLIENT INFORMATION – ENERGY HEALING THERAPIES

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\*PLEASE CONTINUE ON THE BACK OF THIS PAGE.

By providing my signature below, I confirm that the information recorded above is complete, accurate, and honest to the best of my knowledge. I understand that energy healing therapies are not a

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replacement for medical treatment, and that the therapist may only perform treatments within his or her scope of practice and level of comfort. Anything said during this session shall not be regarded as medical advice, treatment, diagnosis, or prescription. I understand that the therapist may refuse service at any time for any reason, and that clients may be referred to a medical professional if the therapist feels this is necessary. I understand that it is my responsibility to inform the therapist of any changes to my medical health profile and that the therapist will not be held liable for anything resulting from my failure to do so. I agree that I have been given sufficient opportunity to ask questions and make specific requests in order to make my treatment time as comfortable as possible. I have also read and will abide by all policies and client expectations that may be listed separately from this document.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

( \_\_\_\_ Check here if you are signing as the legal guardian for a minor under the age of 18.)

Therapist Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Energy healing is a therapy that is done to promote healing of the etheric or energetic body that exists in all of us. This energetic body exists simultaneously with our physical body, with each having a direct effect on the other. Therefore, energy healing therapies may help us mentally and spiritually, as well as physically. Some of the benefits of energy healing therapies include but are not limited to:

- Relief of stress and anxiety by balancing the mind, body, and spirit
- Detecting and removing energy blocks which may be the cause of physical, mental, and emotional stresses
- Pain relief
- Balancing the body's Chakras for a smooth flow of energy
- Complimenting all medical healing therapies and rehabilitation
- Strengthening one's connection to the Divine
- Aiding in decision making and being at peace with situations
- May increase intuition

It is essential that the client understands that no energy healing therapy can be accepted as a replacement for any prescribed or necessary medical treatment, but is best used as a complimentary treatment. Energy therapists are not able to diagnose or medically treat any illness or condition. In an energy healing session, clients may remain fully clothed and, if comfortable, will lay on their backs on a treatment table. Occasionally clients may be asked to lay on their stomach. Clients are not expected to do anything during a session except clear their mind, relax, and enjoy. Depending on the type of session being performed, the therapist may lay the hands/crystals/tools gently on different areas of the body to channel the healing energy, or they may simply hover above the body.

Clients may have various experiences, ranging from the feeling of warmth and tingling throughout the body, a sensation of either floating or becoming very light, or the sensation of becoming very heavy and melding into the treatment table.

It is common for clients to see colors or visions, have spontaneous muscle jolts, or even have an emotional release such as crying or giggling. Experiences will differ with every client, every time, but it is important for the client to know that regardless of whether any of the above is experienced, the energy is still always working.

Following an energy healing session, clients are encouraged to remain as relaxed as possible. Sleep patterns may change, leaving the client either sleepy or energized. Drinking lots of water and eating healthy snacks can help balance energy levels. Journaling is also encouraged to keep track of experiences that may occur following a session. Please be sure to ask your therapist if you have any questions regarding the treatment or post-treatment experiences.