*KAREN K. HARRISON, Senior Licensed Reiki Master Teacher with the International Center for Reiki Training*

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Welcome to my Reiki practice! I am glad you are here.

# INFORMED CONSENT

This form contains information to help you make informed decisions about the process of Reiki, my services, and policies.

**1.** **Brief description of Reiki** – (a) Reiki is a stress reduction and relaxation technique, which promotes healing. Reiki practitioners do not diagnose conditions, nor do they prescribe substances or perform medical treatment, nor interfere with the treatment of a licensed medical professional. You should see a licensed physician, or licensed health care professional for any physical or psychological ailment you may have. (b) Karen’s hands usually become warm through activating the Reiki energy. This is normal. You may feel warmth and gentle tingling during the session. (c) There is a growing body of quality research on the benefits of Reiki. Karen can provide you this information.

1. **Practitioner qualifications and credentials** - Karen is a Usui/Holy Fire® Reiki Master and a registered Holy Fire® Karuna Reiki® Master. She studied through the International Center for Reiki Training (located in Southfield, Michigan), Hiroshi Doi, Mrs. Yamaguchi, Hyukaten Inamoto (all 3 from Japan), and 2 Reiki Masters in Kansas City. She is licensed through the ICRT to teach Reiki I, II, Reiki Master and Karuna Reiki Master. Being licensed means she has undergone a high standard of training. The certificates come through the ICRT and she can offer a certificate of completion for health care professionals for potential CE credit.
2. **Goals of the Reiki session** – Sessions are for the purpose of helping you relax and relieve stress, which aids healing. Many people experience wonderful healing benefits but results cannot be guaranteed.
3. **Services the practitioner can provide** – Karen provides Reiki sessions and teaches all levels of Usui Reiki and Karuna Reiki®. Reiki sessions may be in person or provided at a distance. Distance Reiki has been found to be equally effective as Reiki in person. Karen will scan your body for energy blockages and can use several different techniques to remove them. She will discuss the options with you and obtain your approval before proceeding. Karen has had much success in sending Reiki back to the original cause of an issue to heal it so bring up any issues you would like to heal. She can also incorporate essential oils into your session. Karen also provides spiritual counseling that may involve guidance on meditating, forgiveness, and prayer. If you have questions, please ask.
4. **Rights of the client** - (a) In the event of an emergency, you may contact Karen at any time at her regular office number or her cell phone. If you have a medical emergency, you should contact 911 or your medical provider. (b) Every client has a right to terminate sessions at any time. (c) Karen follows the Code of Ethics set forth by the International Center for Reiki Training. You have a right to request a copy. (d) You have a right to discuss the approach for your Reiki session and refuse any aspect of it. (e) You have a right to request a referral to another practitioner.

**6. Behavior desired of the client** – (a) The body has the ability to heal itself, and to do so complete relaxation is often beneficial. Long term imbalances in the body sometimes require multiple sessions to allow the body to reach the level of relaxation necessary to bring the system back into balance. Self-improvement requires commitment on your part, and you must be willing to change in a positive way if you are to receive the full benefit of a Reiki session. If multiple sessions are recommended to address a particular problem, please consider following the recommendation in order for them to be effective. (b) Please bring up any concerns that you have about sessions so they can be resolved.

1. **Risks and benefits of therapeutic procedures** - A benefit is that Reiki sessions may help you relax and reduce stress while also promoting healing. A risk of Reiki sessions is that they may not by themselves resolve your problem. Another risk is that occasionally you may connect with feelings associated with an area in your body or energy field of blocked energy. Allowing yourself to feel the feelings will normally release them.
2. **Financial considerations and arrangements** – (a) Karen’s session fee is $90 per 50 minute session, $135 for 1 ½ hours. Raindrop Technique with Young Living Essential Oils is an additional $20. Insurance will not cover Reiki sessions. (b) You may pay with cash, credit/debit card, PayPal, Venmo, pr check. (c) **The first time you miss or cancel a session with less than 24 hours notice other than due to bad weather or COVID, there is a charge of $45 and the second time a charge of $60, which you agree to have charged to your credit or debit card on file. Please be mindful that Karen often has a waiting list and people need notice to come in. Instead of cancelling, you could receive a distance session for $90.** The session can be done over Zoom, Facetime, or the phone. (d) Phone calls or e-mails to or from you over 10 minutes long may be charged to you and prorated based on your session rate, i.e. 15 minutes = ¼ charge of your session rate.
3. **Limits to confidentiality** – All information from sessions is confidential with some exceptions because of Karen’s other role as a counselor and marriage and family therapist. Exceptions to confidentiality are (a) When information pertains to child or elder abuse or neglect, (b) When information pertains to a criminal act, (c) When a child was the victim of a crime (d) When a client brings charges against the practitioner, (e) When the practitioner is called upon to testify in court or hearings about adoption, adult abuse, child abuse, child neglect or other matters pertaining to the client’s welfare, (f) When the practitioner is collaborating or consulting with professional colleagues on behalf of the client. (g) When the practitioner needs to prevent a clear and immediate danger to a person or persons (suicide or homicide). (h) When your minor child reveals information about dangerous behavior such as drugs, sex, suicidal ideation, or running away. (i) Confidentiality of e-mails cannot be guaranteed.

My signature below indicates that I understand and agree with the practitioner’s policies and give informed consent to receive Reiki sessions from Karen Harrison. Parents must sign for their minor children.

**I understand that the services provided are completely separate from Karen’s role and licensing as a Marriage and Family Therapist and as a Professional Counselor.**

**I understand any information Karen receives and relates to me during a Reiki session may be literal or symbolic and that I am solely responsible for the decisions and choices I make towards healing.**

**I authorize Karen to release my name only to my referral source to thank him/her for my referral to her.**

Please fill out the information below even if you are paying by check or cash.

Credit/Debit Card Information: Circle Type – Visa – Mastercard – Discover

Your credit/debit card information will be kept securely on file.

Credit Card Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Expiration Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Security Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Billing Zip Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Signature Date