

GOLDEN BUDDHA HAVENING & HYPNOTHERAPY

Certified Havening Techniques® Practitioner

Lynn Demers

1 (778) 608 0719

Please complete and return (to lynn@goldenbuddhahaveningandhypnotherapy.com) 24 hours prior to your session. (SEND)

Client Agreement & Disclosure Statement

Thank you for your interest in working with me. As a client you have a choice to work either in person or distance via telephone, Skype or other online platform, whichever is applicable. I am providing you with the following information so you can make an informed choice about your decision to engage my services. Please read this information carefully and let me know if there is any part you do not understand.

I work as a Transformational Coach who specializes in highly effective, holistic, contemporary alternative therapies. I work intuitively and throughout our sessions I may use any or all of the following healing modalities for which I have received extensive training - Professional Coach, NLP Practitioner, Certified Advanced EFT Practitioner, Certified Havening Techniques® Practitioner and Certified Hypnotherapist.

Service Offered/Theoretical Approach

As part of my practice I offer an innovative method identified as the Havening Techniques (“HT”) HT is described as a type of psycho sensory therapy 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. HT 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, HT 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.

Because HT includes Havening Touch®, if we are meeting in person and if you have any misgivings, doubts, or any negative reactions to any physical contact it is very important that you let me know so you can use self-touch during our sessions.

Although HT appears to have promising emotional and physical health benefits, HT has yet to be fully researched by the Western academic, medical, and psychological communities and therefore, could be considered experimental. HT is self-regulated and is considered alternative or complementary to the healing arts that are licensed in Canada. If you ever have questions or

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concerns about HT, please feel free to ask me for further resources or references.

Nature of the Relationship

While HT can be used as a wellness, stress management tool and also within a psychotherapeutic setting with professional mental health care clinicians, you understand I am offering my services solely as a wellness, stress management educator and our relationship is not to be construed as psychotherapy, psychological counseling, or any type of therapy.

Further, please be advised my services as a HT practitioner are not intended to be a substitute for medical or psychological treatment and they do not replace the services of health care professionals. You agree to consult with your health care provider for any specific health care problems and understand that I may suggest you contact your professional health care provider if I believe it's advisable. In addition, you understand that any information shared during our sessions is not to be considered a recommendation that you stop seeing any of your health care professionals or using prescribed medication, if any, without consulting with your health care professional, even if after a HT session it appears and indicates that such medication or treatment is unnecessary.

Risks and Benefits

Please note that it is impossible to guarantee any specific results regarding your goals using HT and we don't know how you will personally respond to HT. However, we will work together to achieve the best possible results for you. Generally clients experience positive outcomes in using HT and report resolution of the specific concerns that lead them to seek my services as a HT practitioner.

The clinical reports from using HT show no additional side effects when used appropriately. However, in using HT in our sessions together or on your own between sessions, it is possible to experience some emotional distress and/or physical discomfort that can be perceived as negative. Unresolved memories may also surface and emotional material may continue to surface after a HT session and give indication of other issues or incidents that may need to be addressed. You agree to promptly inform me if you experience any emotional distress and/or physical discomfort during our work together, particularly between our sessions. If appropriate, I can help refer you to an appropriate professional health care provider for further assistance. In using HT, 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 HT regarding a traumatic incident.

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Confidentiality

As your practitioner our relationship is completely 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; except as provided by law. You may direct me to share information with whomever you choose and you can change your mind and revoke that permission at any time. Further, please be advised that if any communication regarding our work together is conducted over the phone (voice & texting) or via Skype and with email it is not possible to guarantee the confidentiality of the information contained in any of our telephone and/or electronic communications.

Fees and Payment

Payment is due prior to each session unless other arrangements are made.

Cancellations

Scheduling of appointments involves the reservation of time specifically for you. Therefore a minimum of 24 hour advance notice is required for rescheduling or canceling an appointment. The full fee may be charged for missed appointments without such notification.

Miscellaneous

Any and all matters in dispute between the parties to this Agreement, whether arising from or relating to the Agreement itself, or arising from alleged extra-contractual facts prior to, during, or subsequent to the Agreement, including, without limitation, fraud, misrepresentation, negligence or any other alleged tort or violation of the contract, shall be governed by, construed, and enforced in accordance with the laws of the province of British Columbia, Canada without regard to conflicts of law doctrines and regardless of the legal theory upon which such matter is asserted. If any portion of this Agreement is held to be invalid, it is agreed that the balance of the Agreement shall continue in full force and affect. This Agreement may not be amended except in writing signed by both parties. No waiver by any party of any right under this Agreement will be

construed as a waiver of any other right. If a court finds any provision of this Agreement is invalid or unenforceable as applied to any circumstance, then the remainder of this Agreement will be interpreted to best carry out the intent of the parties.

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Acknowledgment and Consent to Receive Services

By signing this document, you agree that I have disclosed to you sufficient information to enable you to decide to undergo or forgo the services I offer. You have considered all of the above information and have obtained whatever information or professional advice you deem necessary to make an informed decision. 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 represent that you are competent and able to understand the nature and consequences of the proposed sessions and agree to be personally responsible for the fees related thereto. Since HT is a relatively new healing approach and the extent of its effectiveness, as well as its risks and benefits, are not fully known, you agree to assume and accept full responsibility for any and all risks associated with using HT. Further, you agree and understand that this Agreement is intended to be a complete unconditional release of liability and assumption of risk to the greatest extent permitted by law.

You have discussed with me the nature of the services to be provided and you understand that I am offering my services solely as a wellness, stress management educator and our relationship is not to be construed as psychotherapy, psychological counseling, or any type of therapy, nor is it a substitute for these services.

You understand it is your responsibility to maintain a relationship for yourself with an appropriate professional health care provider.

By signing in the space provided below, you knowingly, voluntarily, and intelligently assume these risks and agree to fully release, indemnify, hold harmless and defend Lynn G. Demers, her agents, consultants, representatives and employees from and against any and all claims of whatsoever kind or nature, which you, your family, or your representatives, may have for any loss, damage, or injury arising out of or in connection with your sessions. Please sign a copy of this Client Agreement and Disclosure Statement to acknowledge that you have read understand and agree to the terms of this document in its entirety and return it to me either by fax, electronically, or by mail. Please retain a copy for your records. I will retain a copy for my confidential records.

_____ Client Name (please print)

_____ Date

_____ Client Signature

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