

INFORMED CONSENT TO DISTANCE HEALING SESSIONS

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Part of this office's role is to provide me with information to assist me in making informed choices. This process is often referred to as "informed consent" and involves my understanding and agreement regarding the care I will be receiving, the benefits and risks associated with the care, and alternatives to receiving healing work. Healing sessions are not a substitute for diagnosis or treatment from a physician, psychotherapist, or qualified health practitioner for mental problems or illness, physical illnesses, injuries, or other medical conditions. While receiving healing work, it is expected that I am also under the care of a primary care physician or medical specialist, and that if I am pregnant, I am being managed by an appropriate healthcare professional, and that if I am seeking adjunctive cancer support, I am under care of an oncologist.

I understand that Michael Ackerman is a retired chiropractic doctor, and unlike 37 years in that practice, his current intuitive healing service is not a specialty which is licensed by the state of California or covered under health insurance plans. I agree and understand that Michael Ackerman is not a physician or psychotherapist, and has not received a detailed past personal or medical history, nor has he performed an examination or any diagnostic testing. He promises to do his best through healing work to help in any way he can, but I agree he will not be held liable or responsible for any health/medical issues, problems, conditions, or making diagnoses. If he gives general diet and nutritional suggestions, these should be cleared by my medical doctor, nutritionist, or licensed health professional, especially if I have any known or possible health or psychological problems and/or if I am taking prescription drugs or over-the-counter medication.

During a session (which can vary in length averaging 90 minutes to few hours), Michael Ackerman will use healing methods, and stress & emotional release methods which are intuitively based. He may have me sit quietly, or repeat certain phrases, or actively do visualizations. People have many different responses to healing work. Some clients feel nothing at all. Others describe sensations of moving energy, deep relaxation, feelings of being supported and nurtured, or visions of images and colors. Some clients experience stress and emotional release, including fears, upsets, or tears; some have what they consider to be a spiritually uplifting experience, or perhaps may develop insights into specific areas of their lives.

Although energy healing is considered to be a safe way to release tension, stress, and emotions, I am aware that there are possible side effects and risks associated with these procedures as follows:

Dizziness/Light-Headedness: Temporary symptoms like dizziness, light-headedness, disorientation, and nausea can occur but are relatively uncommon. It is advised to relax for some time, walk, and make sure you are present, well oriented, and clear-minded before you drive or engage in physical activity after a session.

Allergy/Intolerance to Nutritional Supplements: Infrequently people may experience stomach upset or allergic reaction to nutritional supplements. Please inform Michael Ackerman and hypoallergenic, liquid formulas, or other forms of supplements may be readily substituted.

Emotional Release: As has been explained to me, I understand that healing sessions are designed to release tension, stress, various emotions, and possibly tears. I also have been informed that particularly following the first few sessions, it is not uncommon for such emotional release to continue after the session has ended. I realize that this is normal, and that initially I may even temporarily feel worse. This period of release was explained in the "Shadow Work Agreement," and typically lasts for a day or so, and I am urged to contact Michael if I have any questions or concerns.

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TREATMENT RESULTS

I understand that many people experience beneficial effects associated with these healing procedures, including greater happiness, peace of mind, and relaxation, decreased stress and tension, diminished bodily pain, improved mobility and function, and reduced muscle spasm. However, I appreciate there is no certainty that I will achieve these benefits. I do not expect Michael Ackerman to anticipate and explain all risks and complications, and I wish to rely upon him to exercise his best judgment and use methods which he feels at the time are in my best interest, based upon his insight and information I have provided for him.

ALTERNATIVE TREATMENTS WHICH ARE AVAILABLE TO ME

Reasonable alternatives to receiving this healing work and the above procedures include non-treatment, rest, psychiatric treatment, clinical psychotherapy, ministerial counseling, prescription and over-the-counter medications recommended by a physician, exercises, physical therapy, herbal medicine, acupuncture, and experimenting with other alternative natural healing modalities. If I had any questions regarding these alternatives or desired greater clarification, I have asked them and these alternatives were explained to me in greater detail to my satisfaction.

MY FREEDOM OF CHOICE

I also am clear that I am the only one responsible for my life and its direction, therefore, any guidance, advice or intuitive information will be implemented or not by my choice and of my own free will. I agree that Michael Ackerman will not be held liable or responsible for any life occurrences, decisions, or repercussions based on my personal decision to implement or not implement any information provided in sessions.

I have read or have had read to me the above explanation of healing sessions. Any questions I had regarding these procedures have been answered to my satisfaction PRIOR TO MY SIGNING THIS CONSENT FORM.

I do hereby consent to receiving healing work as described above, and in the "Shadow Work Agreement"**, from Michael B. Ackerman -- via phone or video conferencing.

Patient's Name (please print)

Patient's Signature

Date

** more detail descriptions of healing work and what to expect following a session are provided on the website www.LJHealing.com : see the "Depth Healing" and "FAQ" pages for more information.